

# *Youth Risk Behavior Survey*

*(Summary Report 1991 - 2001)*

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# Introduction

**Youth Risk Behavior Surveillance:** This summary report presents a comprehensive analysis of trends in youth risk behaviors in Lancaster County, as measured by the Youth Risk Behavior Surveillance System (YRBSS) administered in 1991, 1993, 1995, 1997, 1999 and 2001. Our report covers five areas of health risk behavior: unintentional and intentional injuries, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, and physical activity.

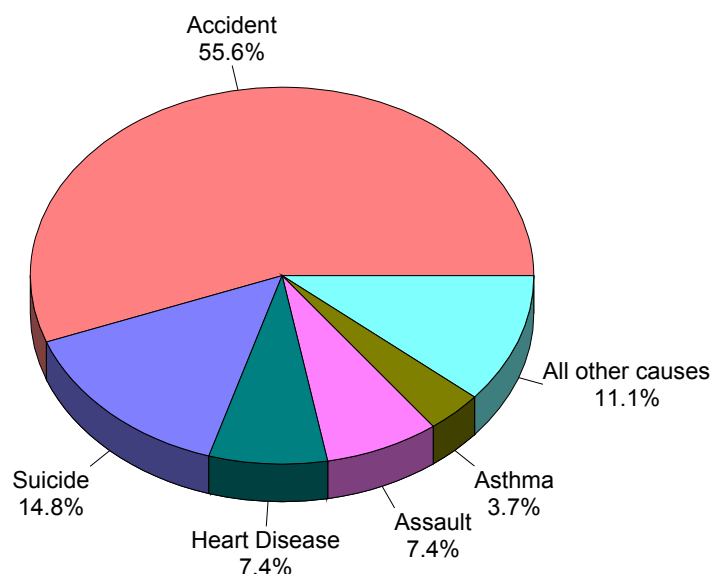
This summary report, and the research data it is based on, was facilitated by the existence of a national Youth Risk Behavior Surveillance System (YRBSS). The national YRBSS was first implemented in 1990 to measure prevalence among young people of behaviors that put their health at risk. The YRBSS is a coordinated system using a standardized survey tool and sampling methods reproduced in the majority of states and many localities across the United States.

Before the establishment of the YRBSS, there was little information on the prevalence of these important risk behaviors among youth in the United States. Yet these areas of risk behavior are arguably the major precursors to death, illness and disability among Americans, not only in their teen years, but also later in adult life. Injuries alone account for the majority of deaths among youth and young adults under 25 -- in Lancaster County, motor vehicle crashes, other unintentional injuries, assault and suicide accounted for 77.8% of all deaths to those 14 to 24 years of age (see figure below). And although cardiovascular disease and cancer are the major killers of adults, the majority of risk behaviors for these diseases are initiated during adolescence. Unintended teen pregnancy and sexually transmitted disease infection acquired in the teen years cause additional illness and death among youth, young adults, and their children.

## Causes of Death in Lancaster County

(Year 2001)

**Age 14-24**



The Youth Risk Behavior Survey is an important surveillance, policy, and program management tool for communities, states, and the nation. YRBSS data provide quantifiable evidence of serious health risks among youth which demand public attention and public health action. As such, the data are useful in raising public awareness of the extent of youth risk behaviors. YRBSS data are tools for policy, helping to identify public health priorities and support the need for health education and other prevention efforts for children and youth. The YRBSS is also a tool for prevention and intervention programs -- the data is instrumental in setting program goals and objectives, monitoring the progress and outcomes of public health and other community action, and implementing or modifying public health programs to address the behaviors of young people in priority issue areas.

**Data Collection and Analysis :** Local data collection was made possible by the cooperation of Nebraska health officials coordinating the state YRBSS, as well as the Nebraska YRBSS contractor, the Buffalo Beach Company. The Lincoln-Lancaster County Health Department separately contracted with this company to obtain an “over-sample” of the Lancaster County portion of the state survey. This provides the additional sample size needed to obtain valid county-level statistics.

The Youth Risk Behavior Survey measures the prevalence of health-risk behaviors among adolescents through representative national, state, and local surveys conducted biennially. The national and state surveys use multi-stage cluster sampling to obtain samples of students in grades 9-12 reflecting the geographic, urban-rural, racial, gender, and grade makeup of the population in those grade levels. In Lancaster County, the great majority of public schools (urban and rural schools) have participated every year, with 100% participation in most years. The survey was conducted in randomly selected classrooms of a required period (second or third period). Parental consent was required beginning in 1997. This disrupted the results to some degree, but was carefully considered in the analysis of trends.

This summary report presents the following types of results from the analysis of YRBSS data (1991-2001):

- ' Trend in behaviors from 1991 to 2001 (increases, decreases or unchanged level)
- ' Trends and differences among males and females
- ' Trends and differences among different grade levels
- ' Trends and differences by white or non-white status. YRBSS sample sizes for major race/ethnic groups (Black, Hispanic, American Indian or Asian) were not large enough to reliably compare these groups or examine trends over time. However, selected comparisons were feasible between white students and those who may be classified as “nonwhite” -- of minority race or Hispanic ethnicity.

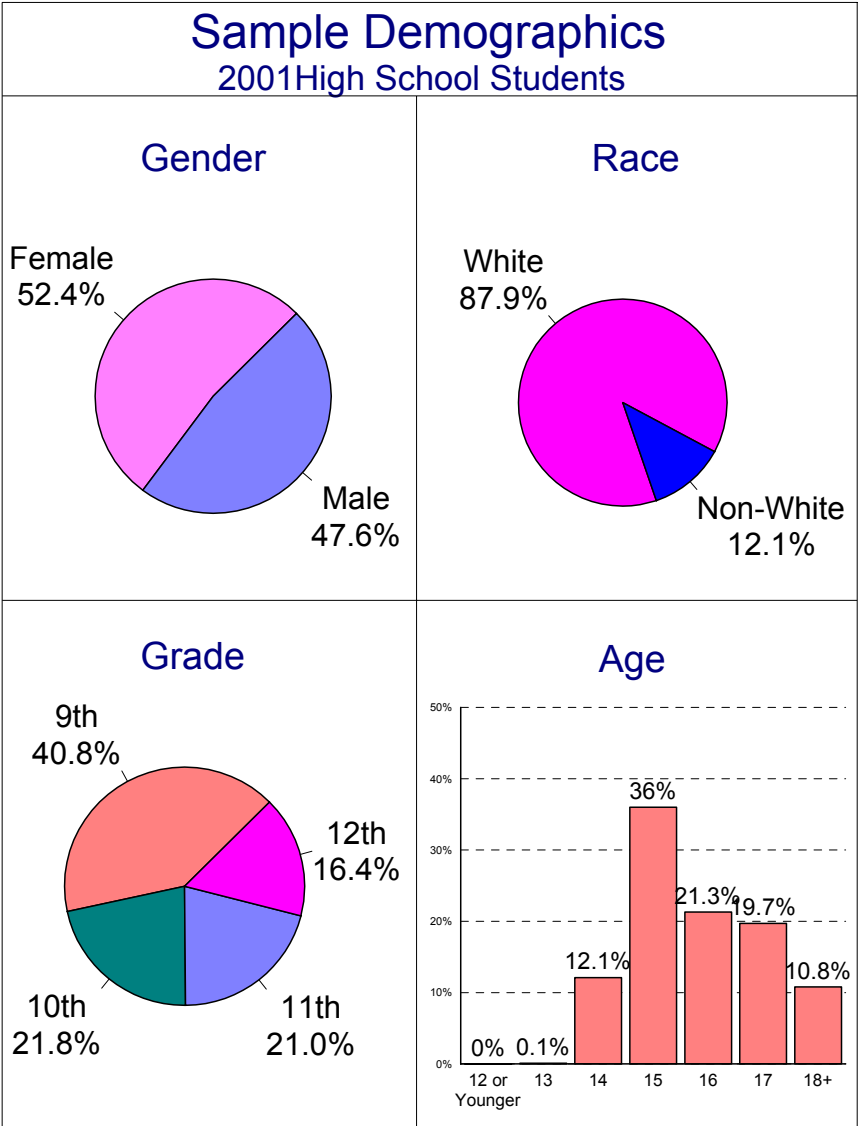
Any statements made in this report about Lancaster County youth risk behaviors, whether changes over time or differences between groups, were based on review of statistically significant differences or changes (at a 95% confidence level) and a critical evaluation of consistent data trends. Our goal is to avoid misleading or invalid data comparisons while presenting the maximum in public health data to meet the wide variety of citizen information needs. All statistics presented are “grade-adjusted” numbers (with the exception of data by grade). This was necessary because of large variations from year to year in the proportion of students in each grade that were surveyed (see Sample Demographics section). Because there are often substantial behavioral differences between students in younger and older grades, these differences in grade composition of the sample from year to year interfered with valid comparison of behaviors between years or demographic groups. Data were therefore

“grade-adjusted” to a common weighted grade distribution (1999 National Public Schools enrollment), so that we are comparing “apples to apples”, as it were.

The “grade adjustment” did not affect trend directions, comparisons of males to females or of white to nonwhite students, or overall conclusions from the data. But the procedure did remove bias due to this particular sampling problem, and often helped to smooth out unstable data trends over time.

Sample Demographics

In 2001, of all respondents surveyed (1093), 573 (52.4%) reported their gender as female and 520 (47.6%) as male. About 88% (961) identified themselves as white and 12.1% (132) as non-whites. Majority of the survey respondents were from students of 9<sup>th</sup> grade (40.8%) followed by 10<sup>th</sup> grade. Almost half of these (48.1%) were aged below 16 years.



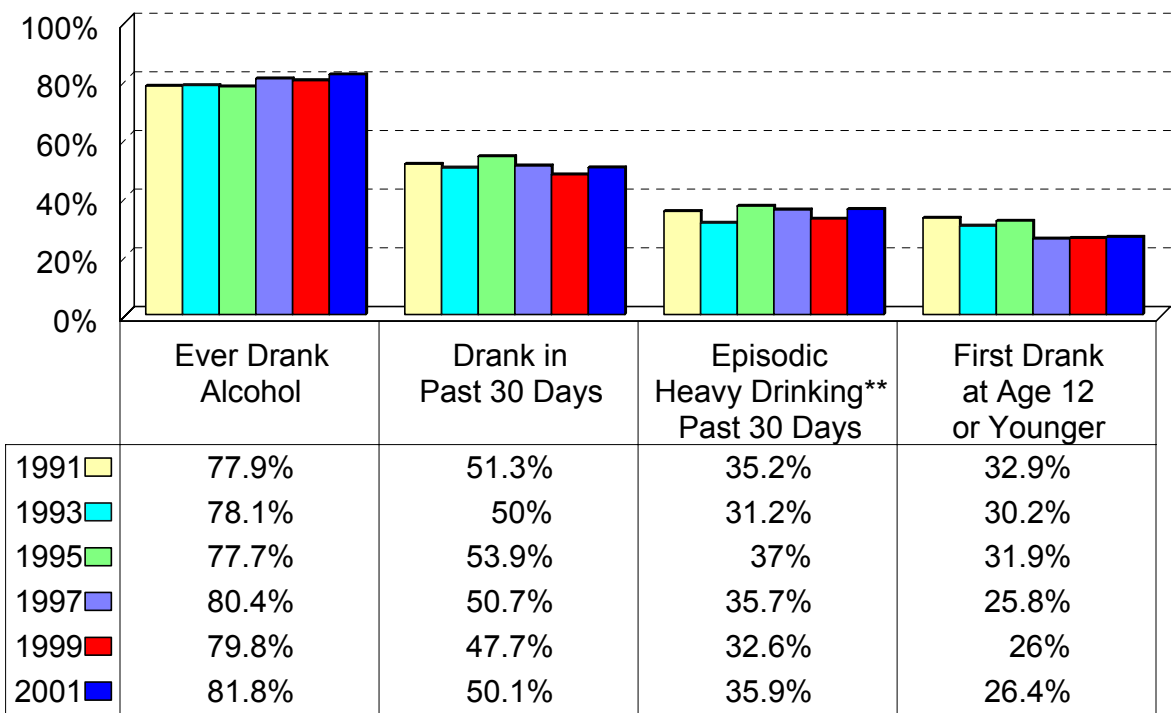
# Alcohol

The Youth Risk Behavior Survey includes questions on drinking history, age at first use, current alcohol use, heavy drinking, drinking and driving, alcohol use prior to sex, and drinking on school property. The survey specifies to students that drinking alcohol “includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey” and “does not include drinking a few sips of wine for religious purposes.”

## Highlights

@ Eight out of every ten (81.86%) teens reported ever drinking alcohol. Half of them (50%) reported drinking in the past 30 days prior to the survey and 35.9% reported episodic heavy drinking (Five drink at one sitting) at the same time. Approximately 26.4% had first drink at age 12 or younger.

Figure 1: Alcohol Consumption\*  
High School Students

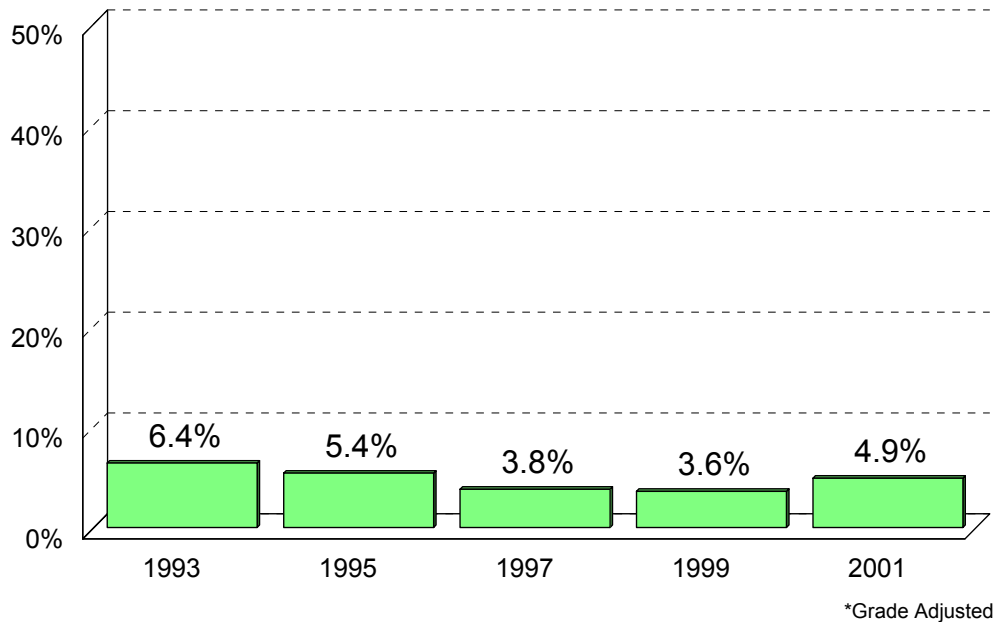


\*\* Five drinks at one sitting

\*Grade Adjusted

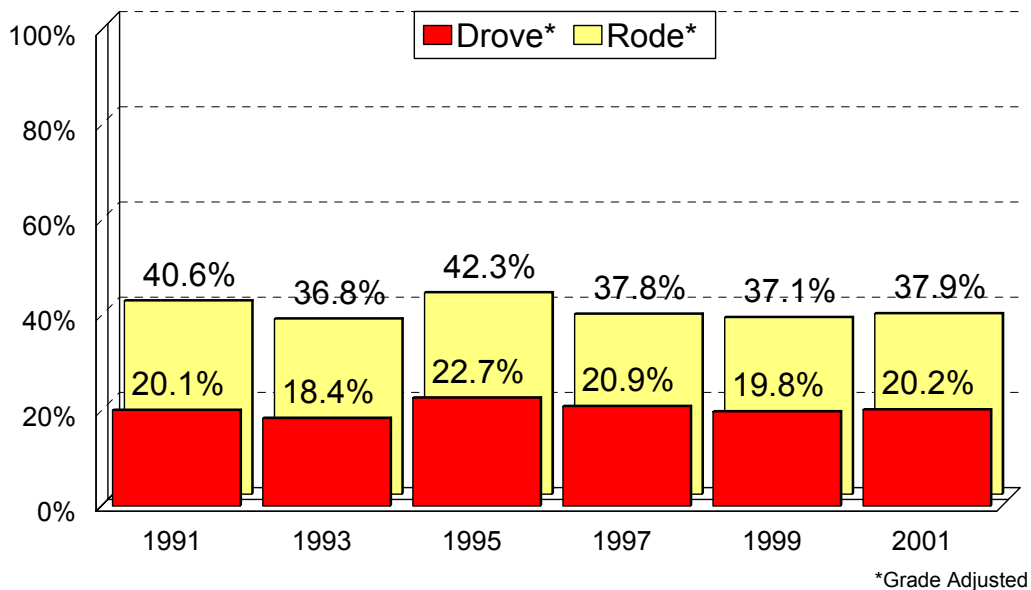
@ About 5% of teens reported drinking on school property during the past 30 days indicating a slight increase from the 1999 survey year.

**Figure 2: Alcohol Consumption On School Property\***  
High School Students, Reported During the Past 30 Days



@ Proportion of teens driving after drinking or riding in a car driven by someone who had been drinking did not show any significant change since 1997.

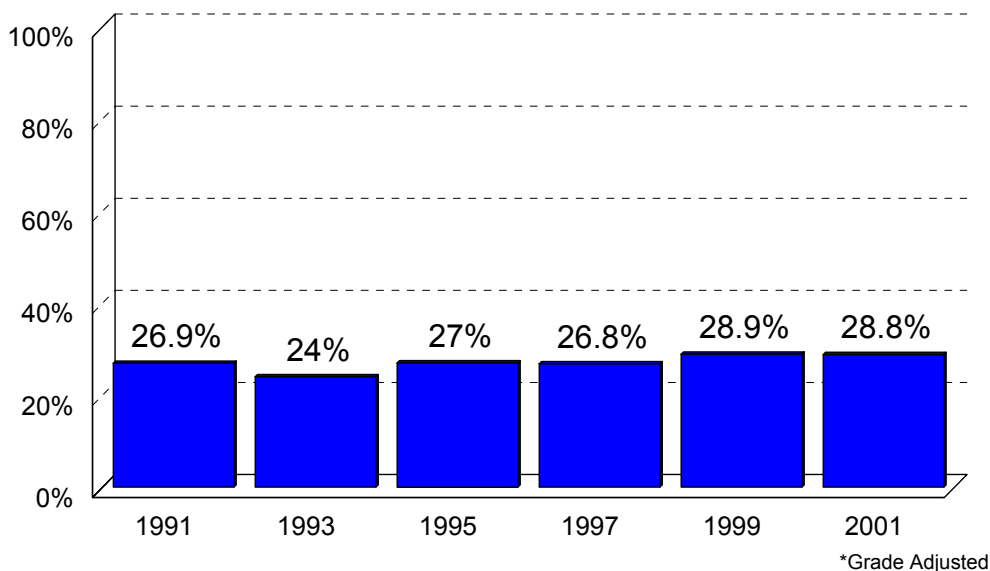
**Figure 3: "Drunk Driving"\***  
High School Students Who Reported That During the Past 30 Days  
They Drove After Drinking and Rode With Someone Drinking



@ Among high school students who reported having sex, 28.8 % drank alcohol or used drug prior to last sexual intercourse.

**Figure 4: Alcohol or Drug Use Prior to Last Sexual Intercourse\***

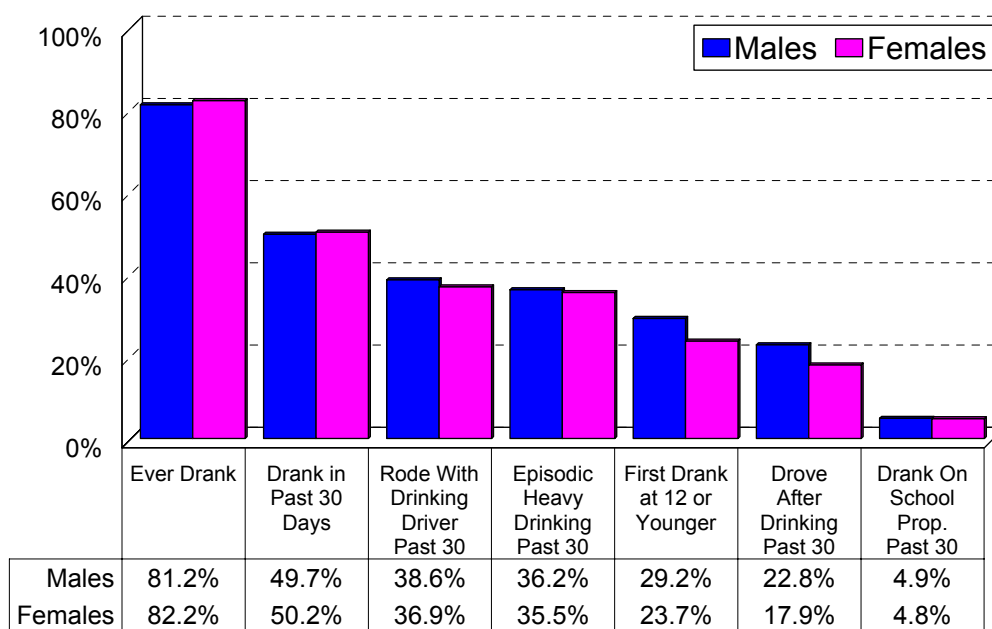
High School Students Who Reported Having Had Sex



@ Figure 5,6,7,8 & 9 shows alcohol consumption, age of first alcohol consumption, episodic heavy drinking, drinking and driving, and drinking on school property by gender of the survey respondents.

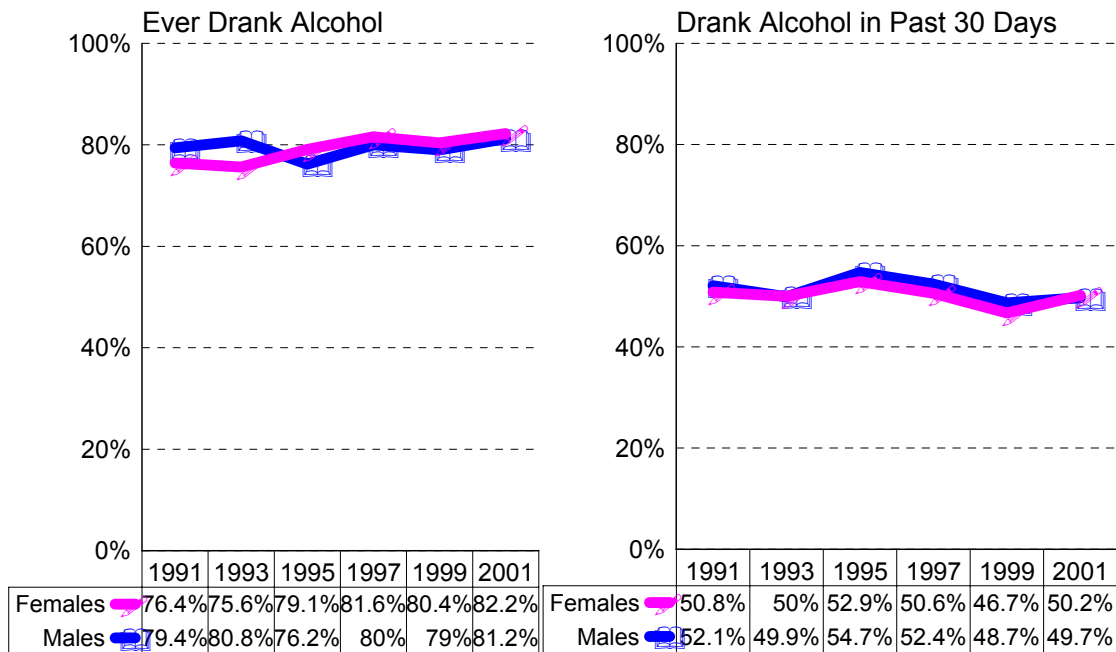
**Figure 5: Alcohol Consumption\***

2001 High School Students



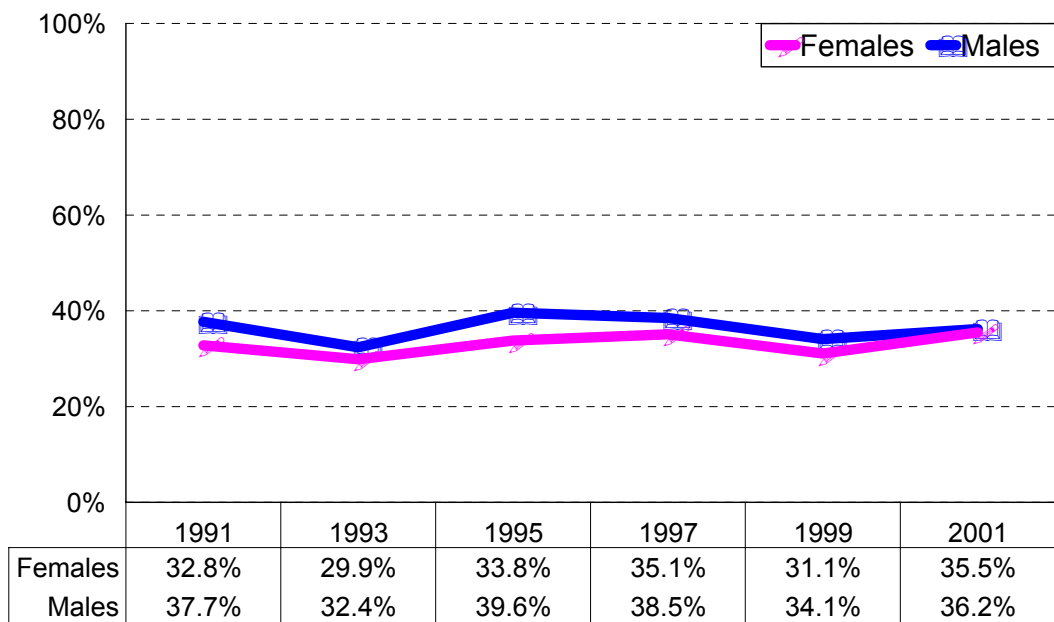
\*Grade Adjusted

**Figure 6: Ever/Recently Drank Alcohol\***  
High School Students



\*Grade Adjusted

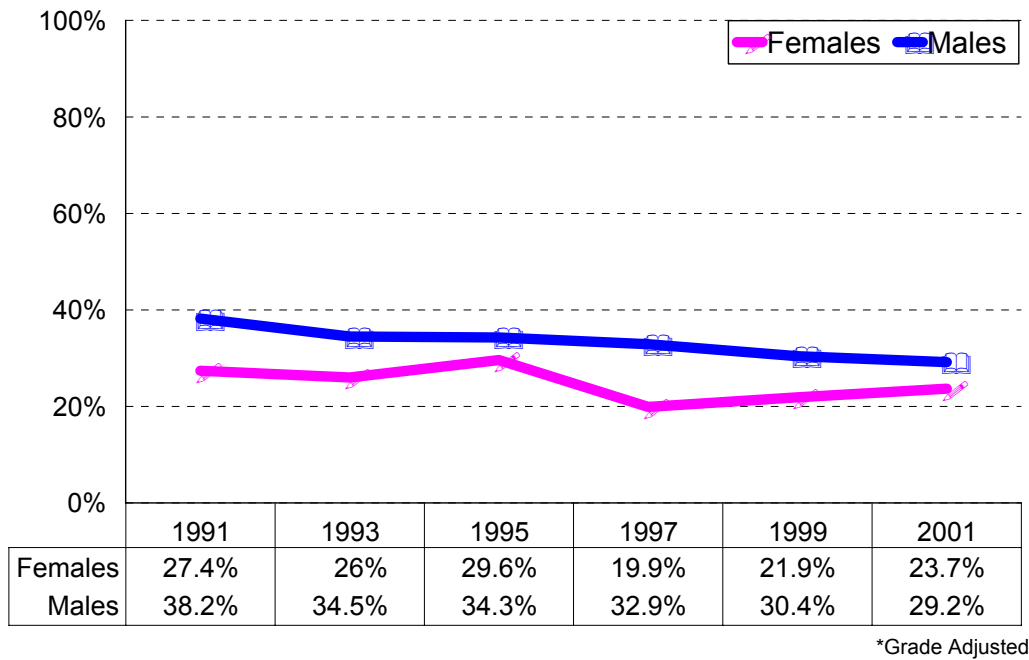
**Figure 7: Episodic Heavy Drinking\***  
High School Students Who Reported Drinking 5+ Drinks In One Sitting  
During the Past 30 Days



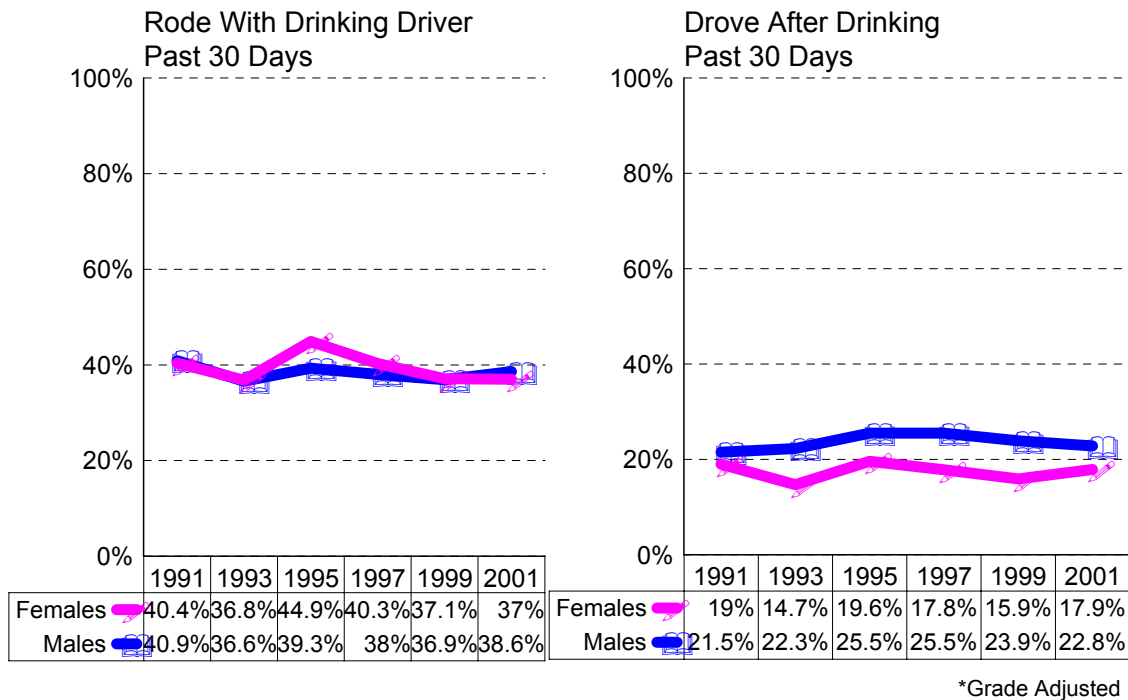
\*Grade Adjusted



**Figure 8: First Alcohol Consumption\***  
 High School Students Who Reported Their First Drink  
 of Alcohol ("Other Than a Few Sips") at 12 or Younger

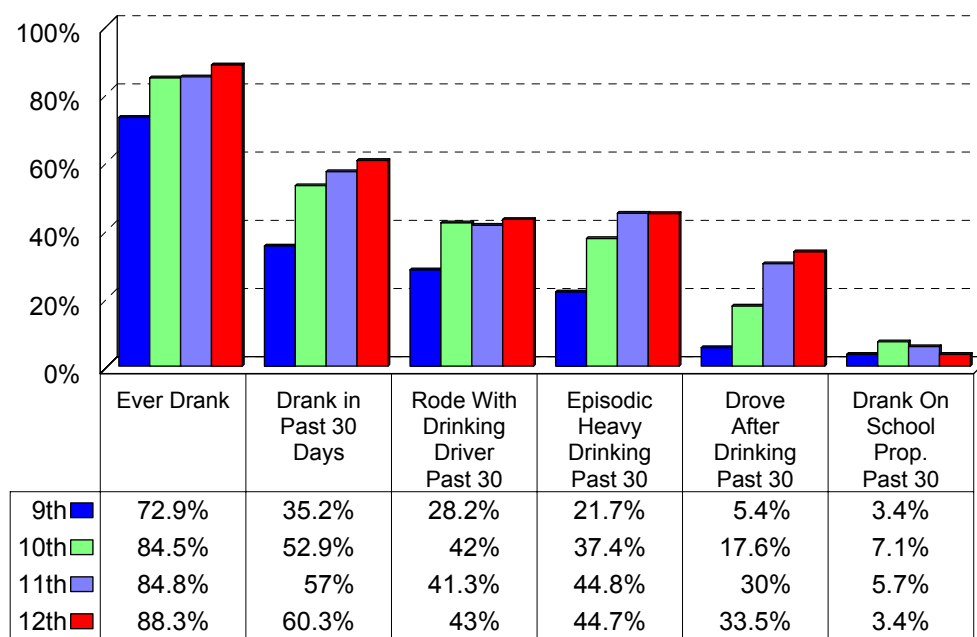


**Figure 9: "Drunk Driving"\***  
 High School Students

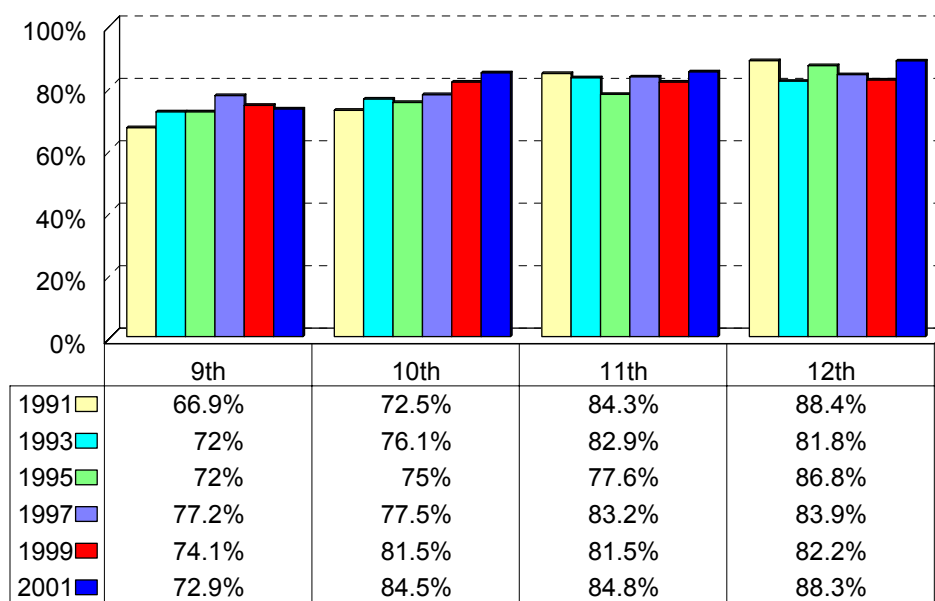


@ During the 1990s and in 2001, teens in older grades were more likely than those in younger grades to report alcohol consumption. For all alcohol indicators, there was little discernible increase or decrease over time within individual grades (Figs. 10-13).

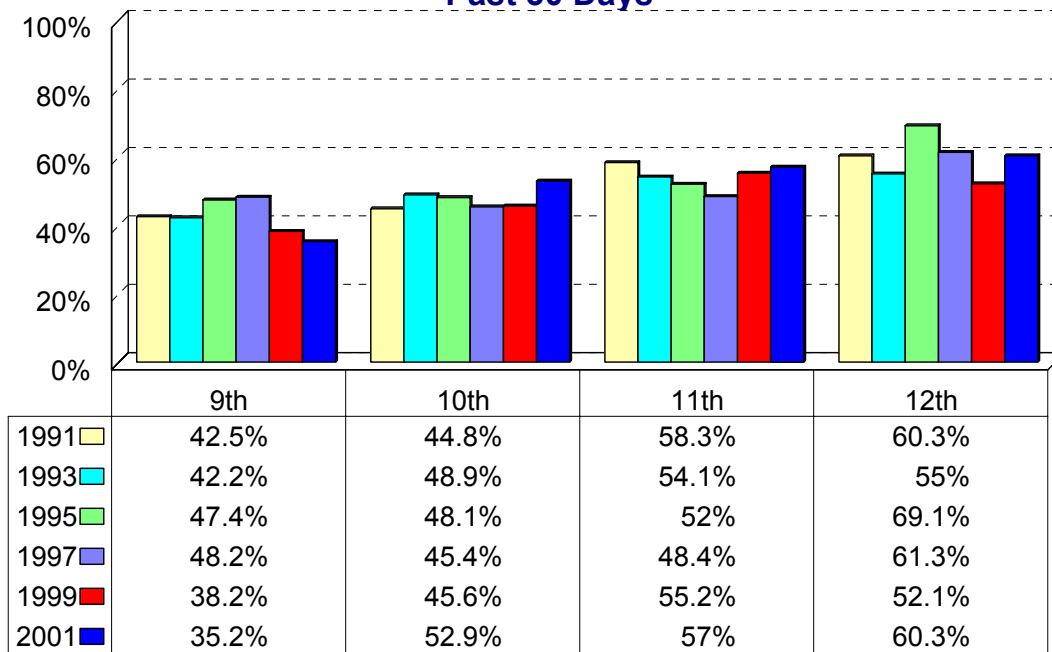
**Figure 10: Alcohol Consumption by Grade**  
2001 High School Students



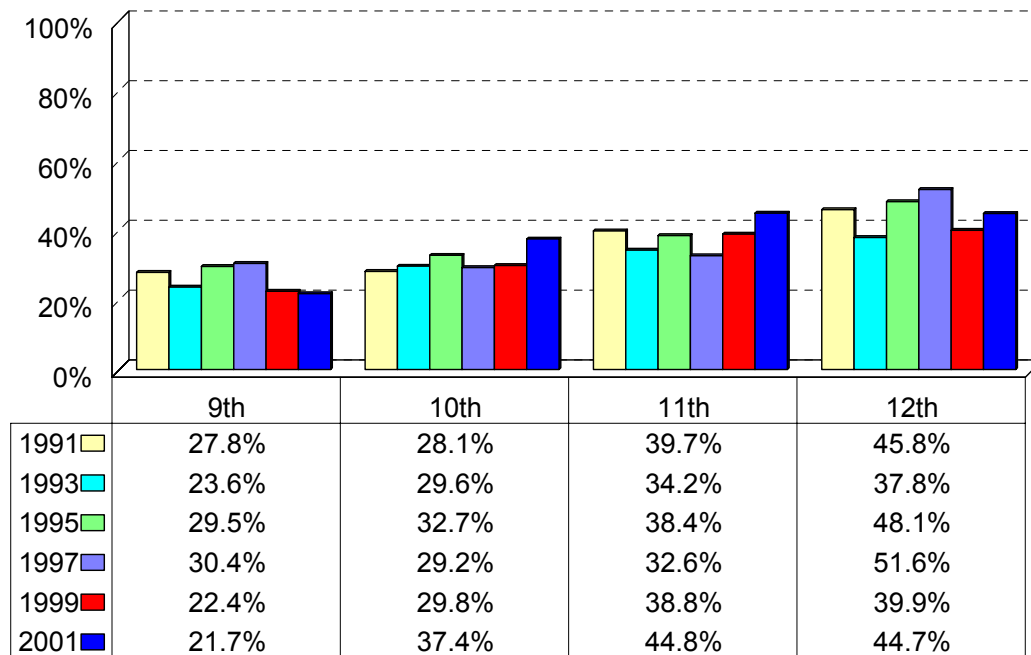
**Figure 11: Ever Drank by Grade**  
High School Students Who Reported Ever Drinking Alcohol, other than a few sips, During Their Lifetime



**Figure 12: Alcohol Consumption by Grade  
High School Students Who Reported Drinking Alcohol During the  
Past 30 Days**



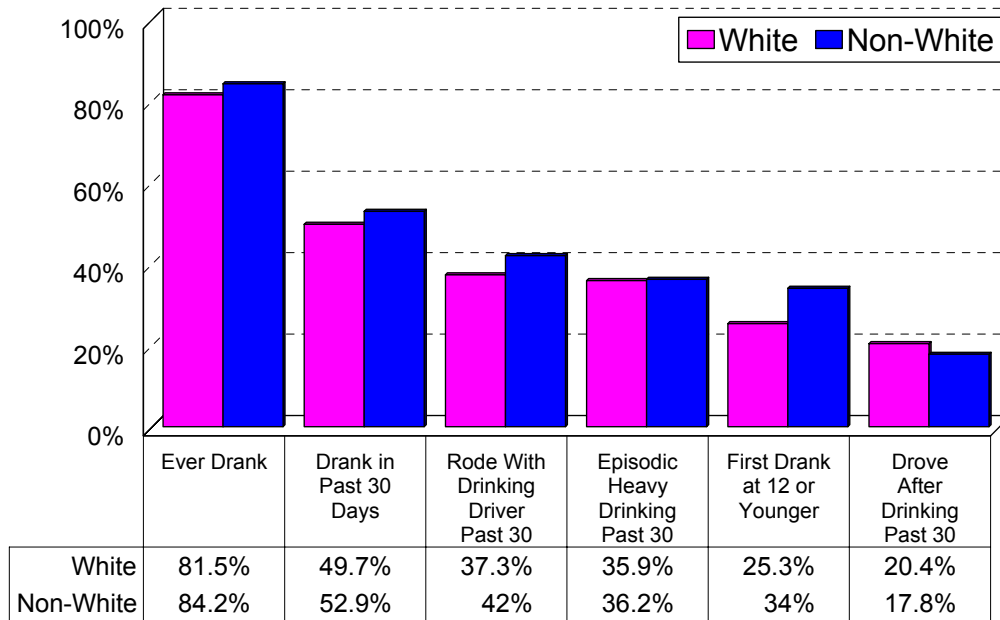
**Figure 13: Episodic Heavy Drinking by Grade  
High School Students Who Reported Drinking 5+ Drinks In One  
Sitting During the Past 30 Days**



@

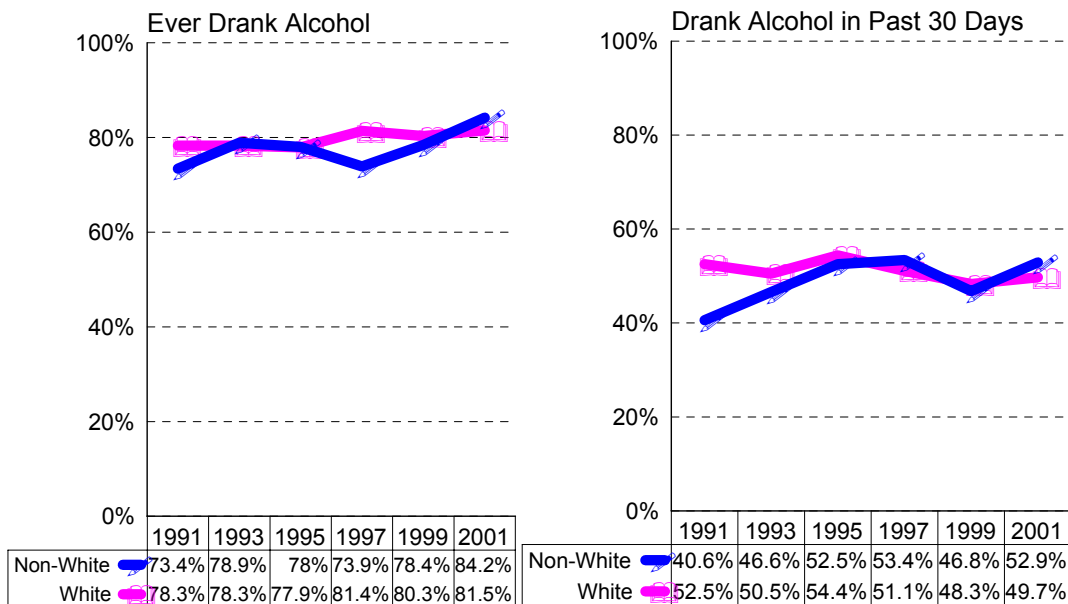
In 2001, proportion of white and non-white teens reporting alcohol consumption did not show any significant difference (Figure 14 & 15). However, more non-white than white teens reported first alcohol consumption at 12 years or younger.

**Figure 14: Alcohol Consumption\***  
2001 High School Students



\*Grade Adjusted

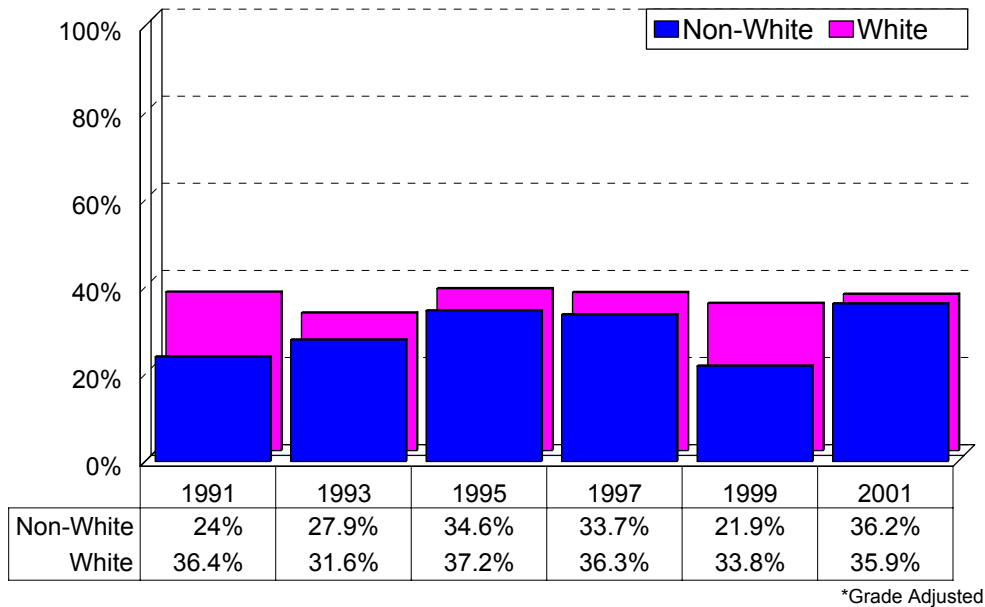
**Figure 15: Ever/Recently Drank Alcohol\***  
High School Students



\*Grade Adjusted

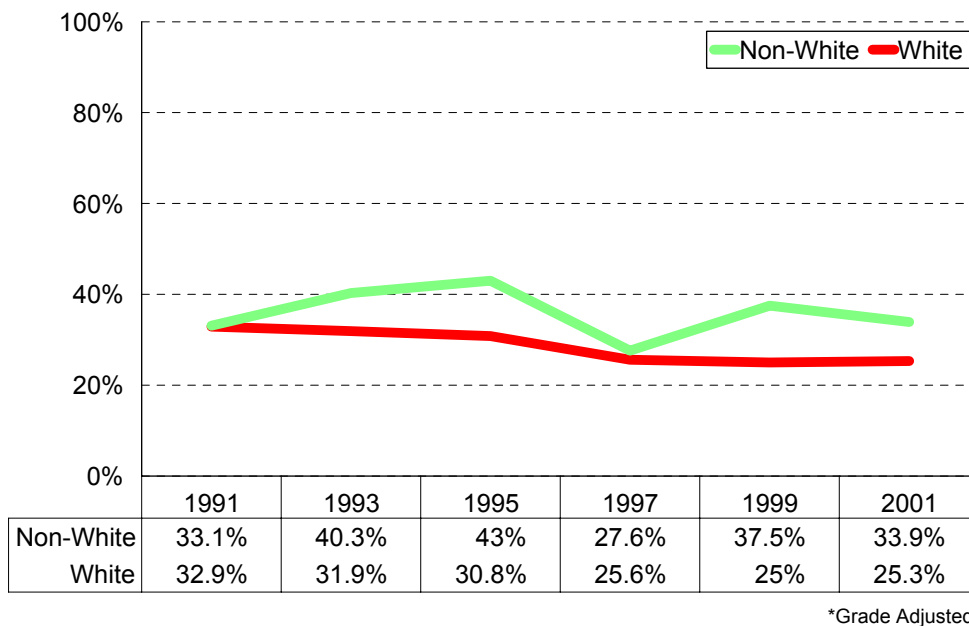
@ In 2001, over one-third of white (35.9%) and non-white (36.2%) teen respondents reported episodic heavy drinking (5 or more drinking in one sitting) in the month prior to the survey.

**Figure 16: Episodic Heavy Drinking\***  
High School Students Who Reported Drinking 5+ Drinks In One Sitting During the Past 30 Days



@ Non-whites (33.9%) were more likely to first consume alcohol at 12 or younger than whites (25.3%). Higher trend for non-whites was also observed in other survey years.

**Figure 17: First Alcohol Consumption\***  
High School Students Who Reported First Consuming Alcohol, other than a few sips, at 12 or Younger



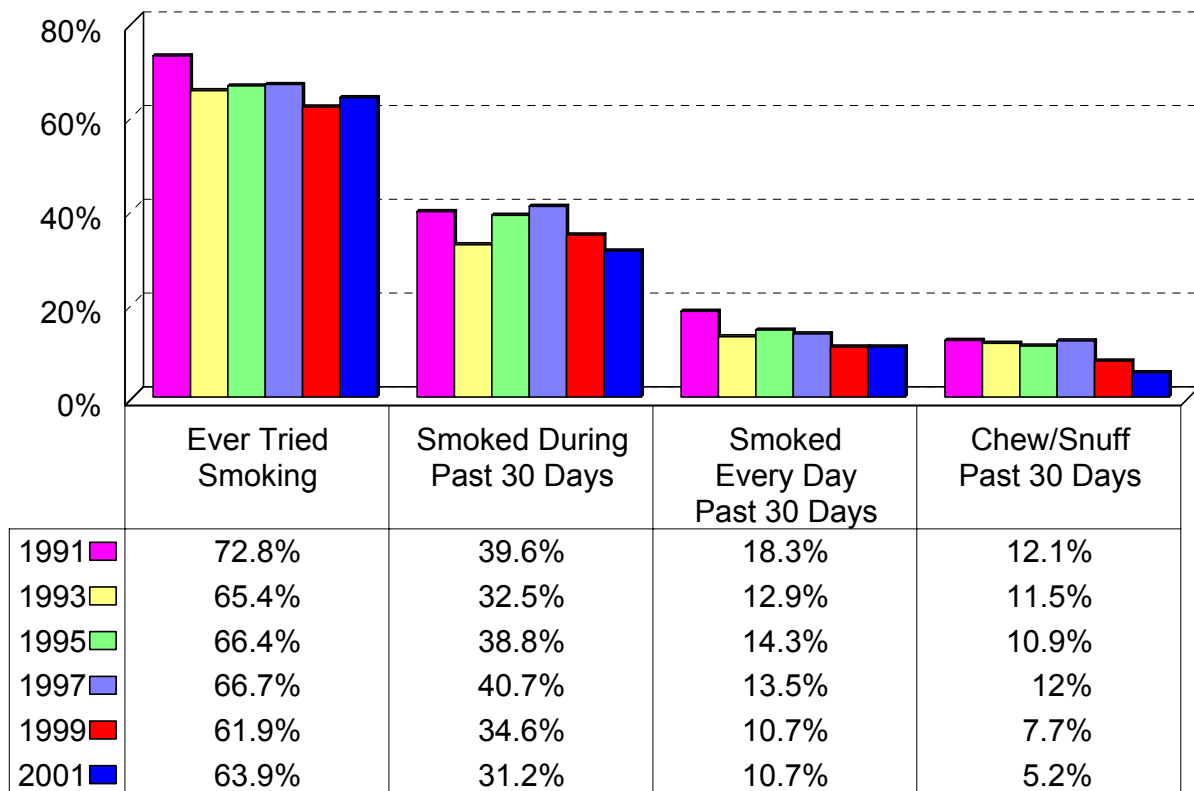
## Tobacco Use

The Youth Risk Behavior Survey includes questions on smoking frequency, intensity, history and cessation attempts; how cigarettes are obtained; smoking on school property; and smokeless tobacco and cigar use. Health Objectives for the Year 2010: Reduce disease, disability, and death related to tobacco use and exposure to secondhand smoke by preventing initiation of tobacco use, promoting cessation of tobacco use, reducing exposure to secondhand smoke, and changing social norms and environments that support tobacco use.

### **Highlights**

- @ Percentage of teens reporting ever trying cigarettes during their life time increased in 2001 (63.9%), however, reported daily smoking did not change from the 1999 survey (10.7%). Reports of current smoking and smokeless tobacco use (past 30 days) declined slightly in 2001.

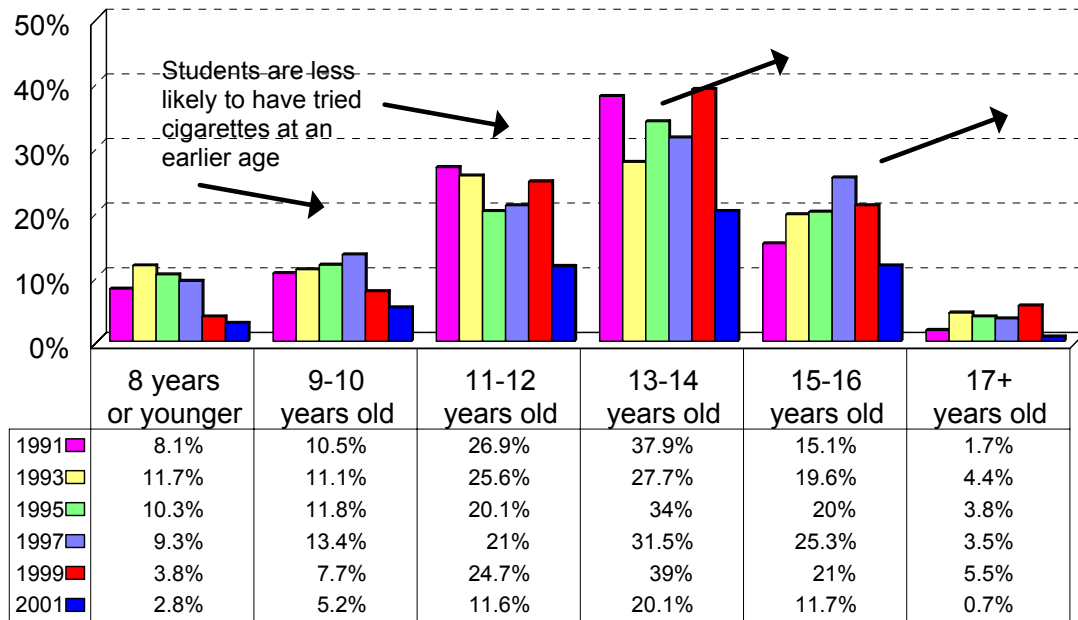
**Figure 1: Tobacco Use\***  
High School Students



\*Grade Adjusted

@ In 2001, teens reported beginning smoking at later age than in previous surveys.

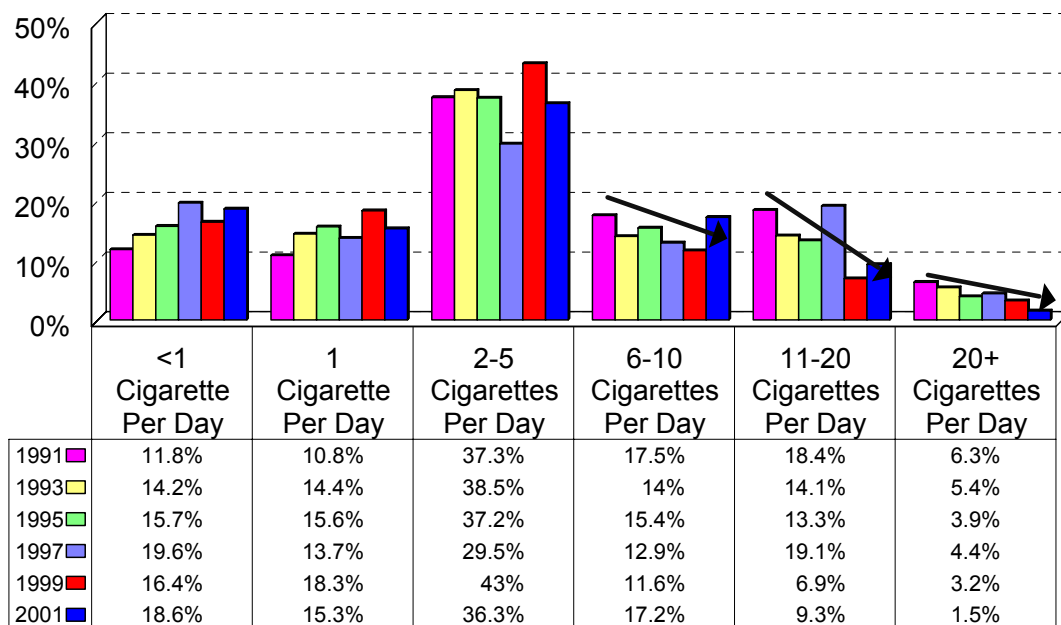
**Figure 2: Age at First Use\***  
High School Students Who Reported Ever Smoking a Whole Cigarette



\*Grade Adjusted

@ Figure 3 shows number of cigarettes smoked by teen respondents per day. Proportion of teens who smoked 6-20 cigarettes increased in 2001, while, percentage of teens smoking 2-5 cigarettes has dropped significantly.

**Figure 3: Number of Cigarettes Smoked Per Day\***  
High School Students Who Reported Smoking During the Past 30 Days

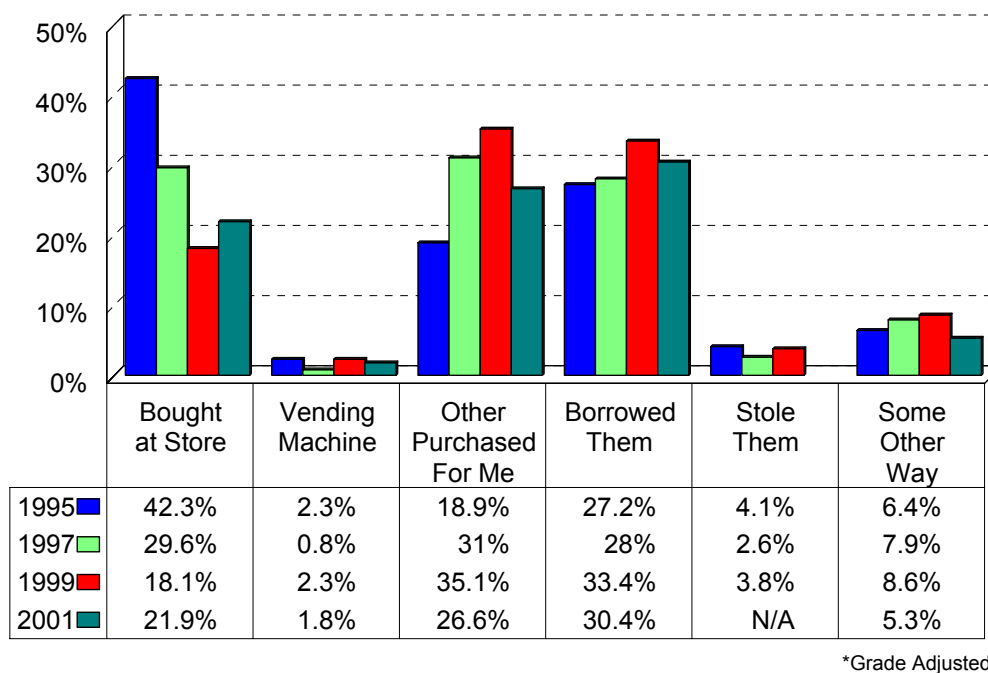


\* Number of cigarettes smoked per day, on the days they smoked

Grade Adjusted

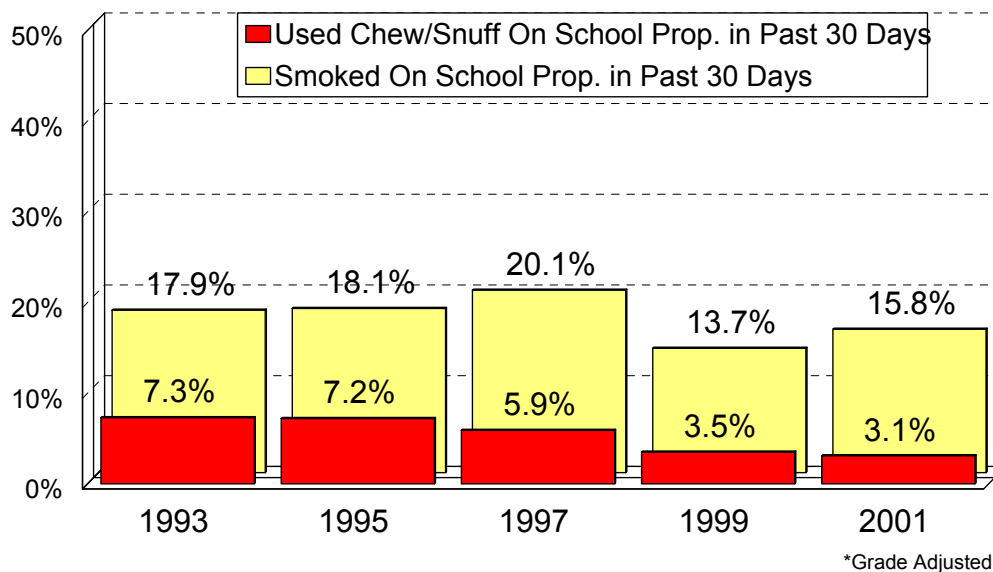
- @ Most common method of obtaining a cigarette was “borrowing”(30.4%) followed by “purchase by others” (26.6%). Over one-fifth (21.9%) of teens bought their cigarettes from a store.

**Figure 4: How Cigarettes Are Usually Obtained\***  
High School Students Who Reported Smoking During the Past 30 Days



- @ Using smokeless tobacco on school property declined substantially from 1993-2001, however, smoking cigarettes showed an inconsistent trend.

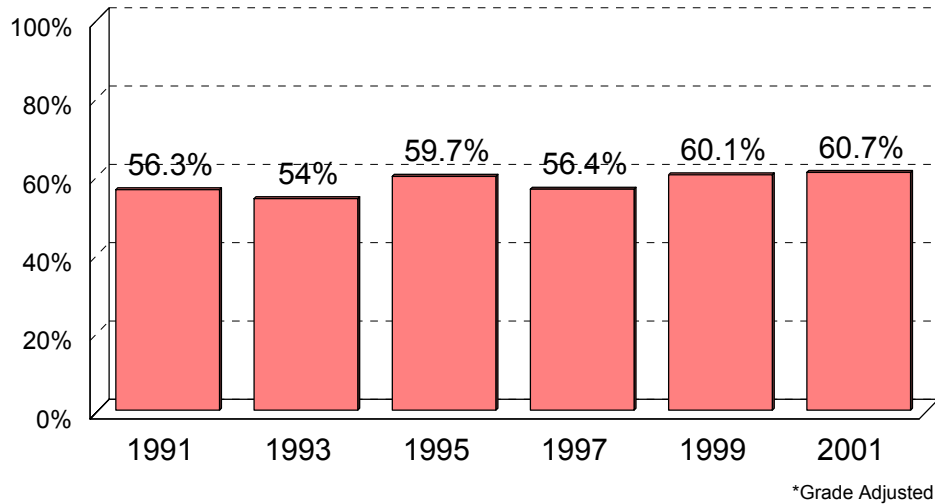
**Figure 5: Tobacco On School Property\***  
High School Students





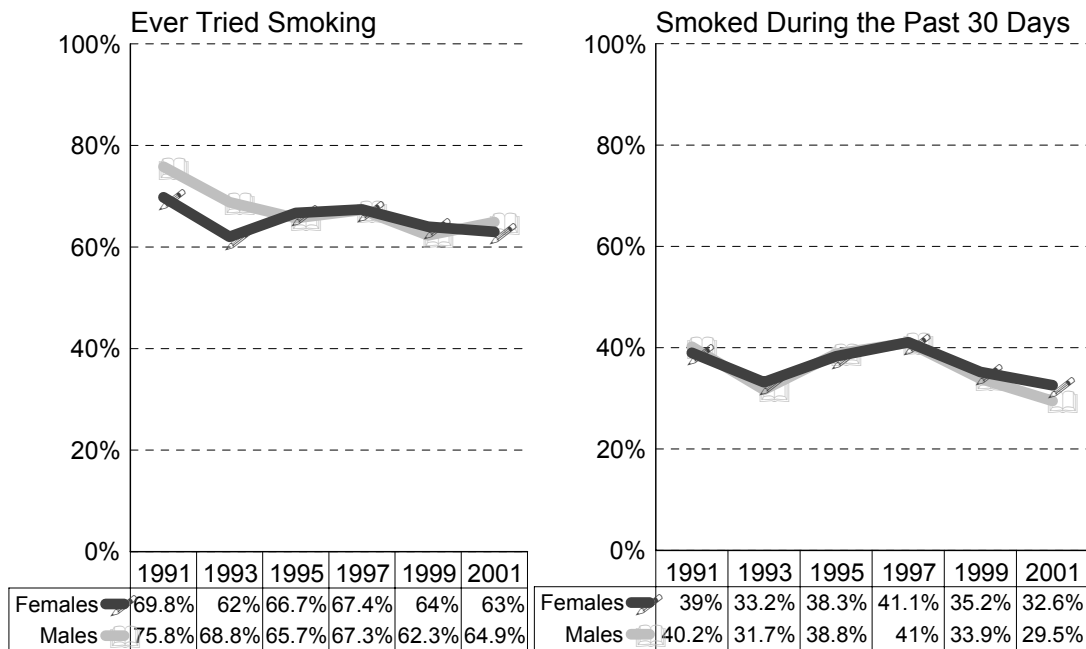
- @ The percentage of teen smokers (smoked in past 30 days) who reported quit attempts remain about the same in 2001.

**Figure 6: Ever Attempted to Quit\***  
High School Students Who Reported Smoking During Past 30 Days

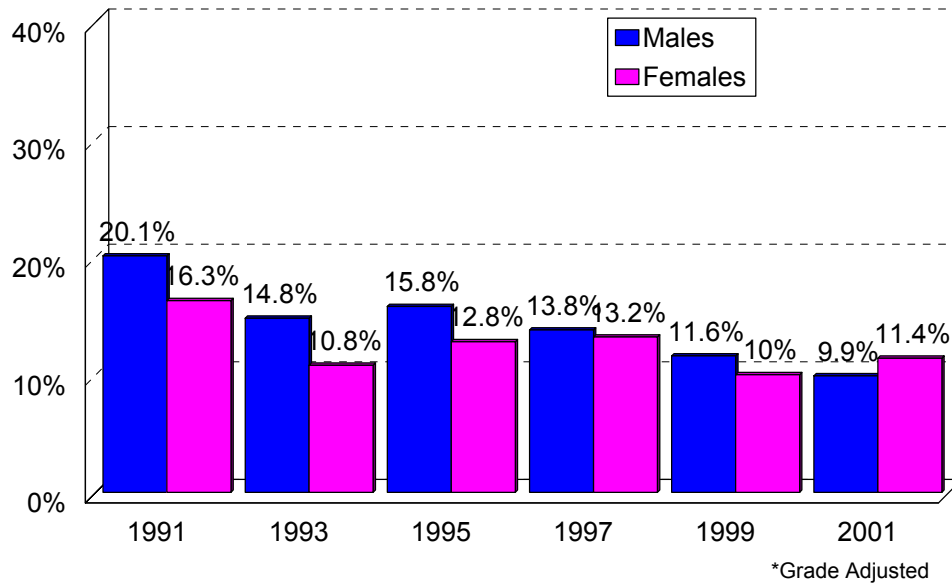


- @ Figure 7,8 & 9 shows trends in smoking experience, current smoking and smokeless tobacco use by male and female high school students. Other than smokeless tobacco use no significant gender difference was observed in 2001.

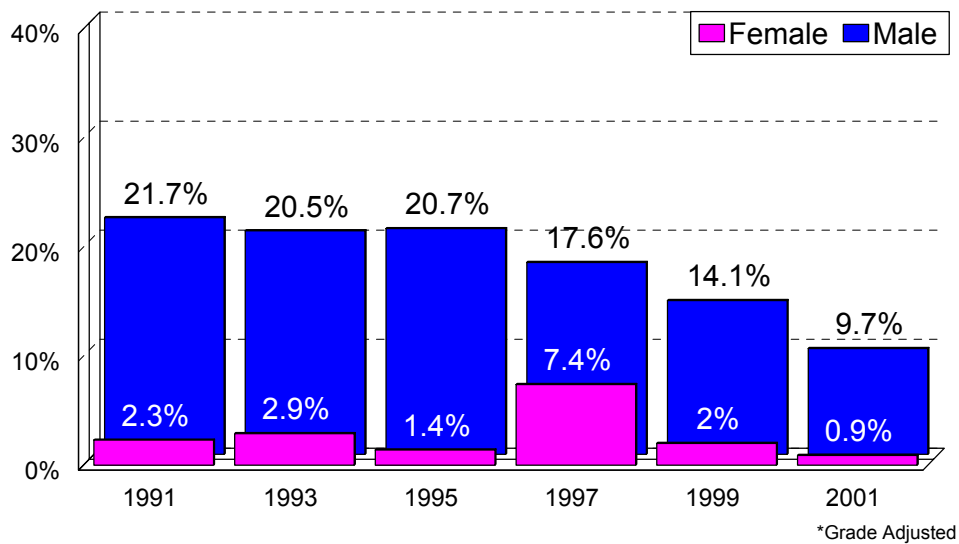
**Figure 7: Smoking Experience & Current Smoking\***  
High School Students



**Figure 8: Daily Smoking, Past 30 Days\***  
High School Students



**Figure 9: Smokeless Tobacco Use\***  
High School Students Who Reported Using Chew/Snuff  
During the Past 30 Days



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As with other risky behaviors, teens in older grades reported tobacco use at higher rates than those in lower grades. Decline in tobacco use from 1991 to 2001 were particularly strong among teens of 9th grade (Figure 10,11 & 12).

Figure 10: Ever Smoked, by Grade  
High School Students

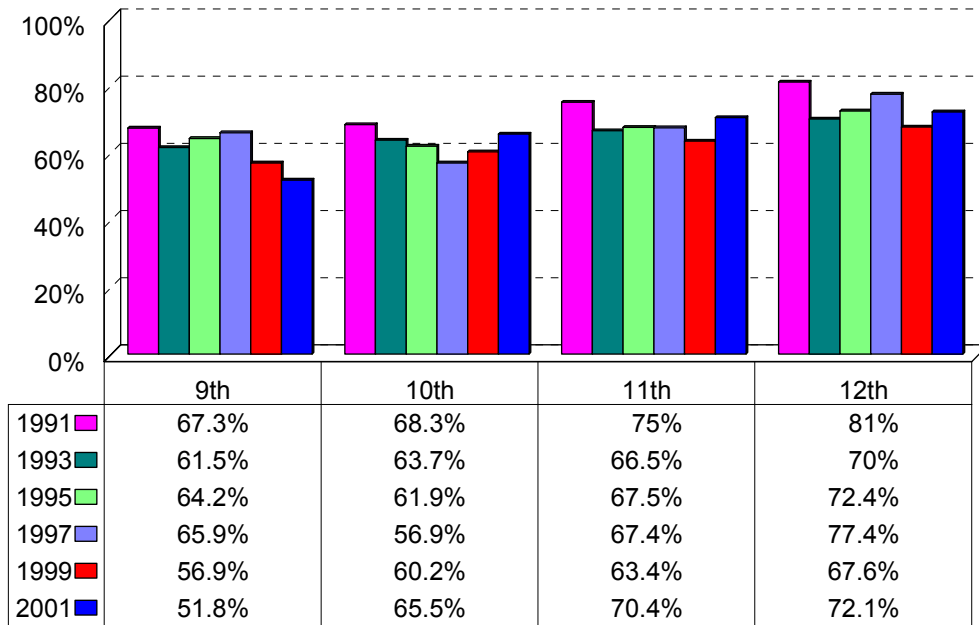
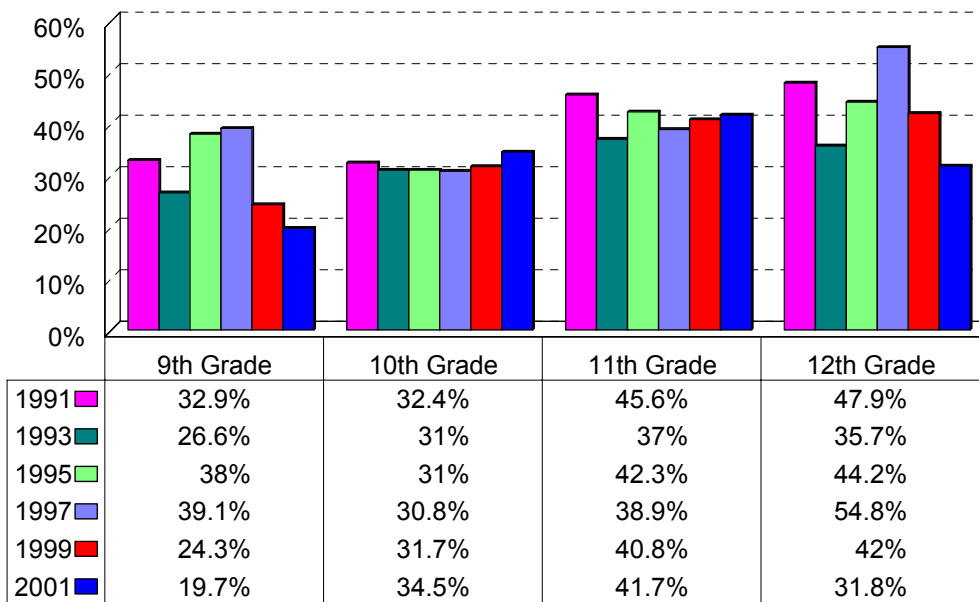
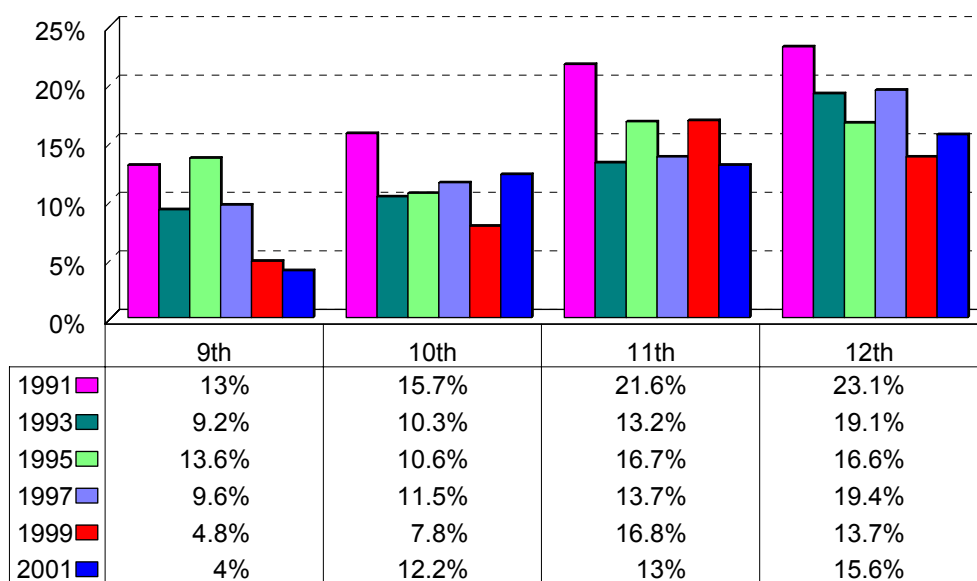


Figure 11: Current Smoking (Past 30 Days)  
By Grade, High School Students

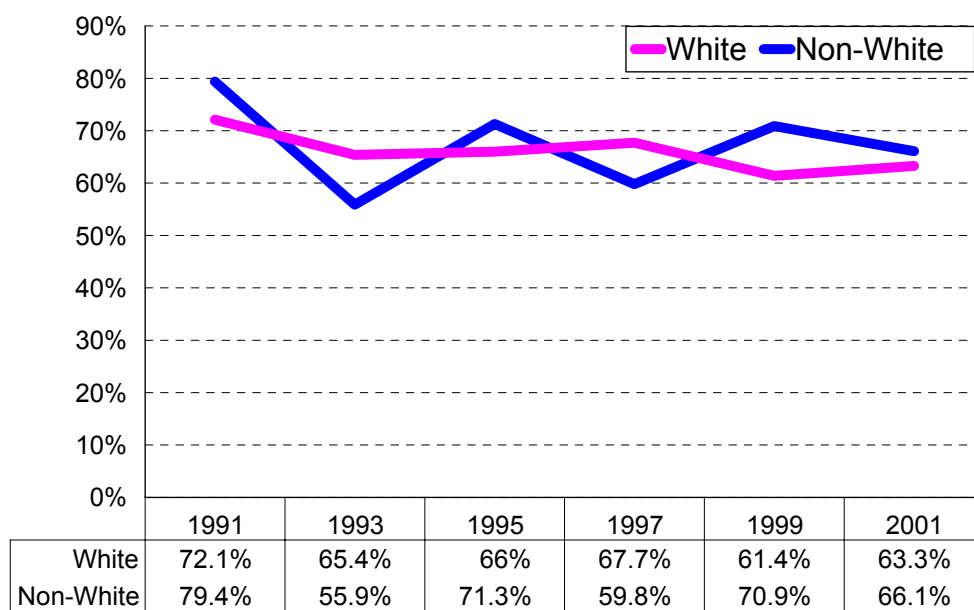


**Figure 12: Daily Smoking, by Grade  
(Smoked Every Day For the Past 30 Days)  
High School Students**



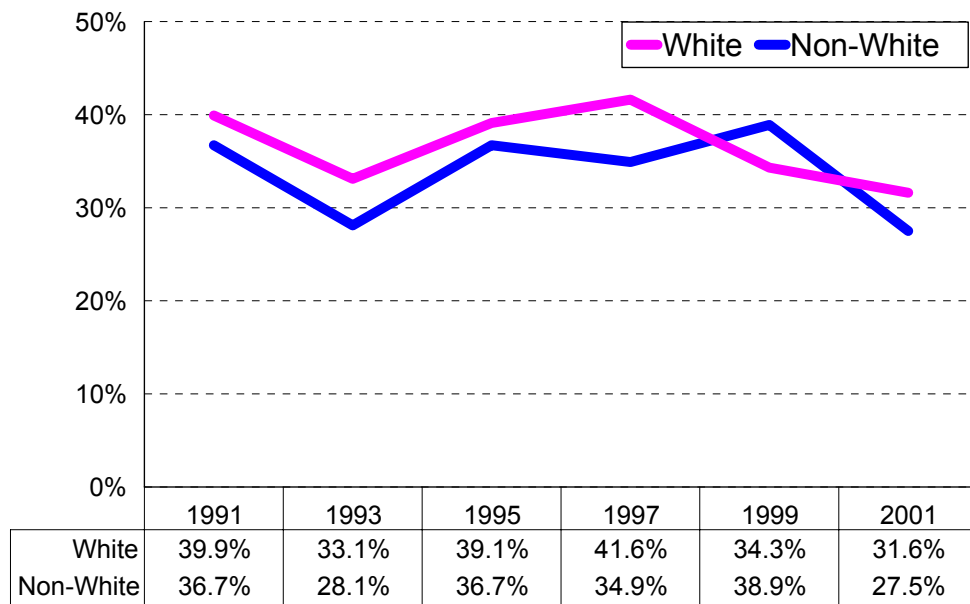
@ From 1991 to 2001, there was little difference between white and non-white teens in reported smoking behaviors. Reported smoking behaviors showed inconsistent trends over the time period of record ( Figure 13,14 & 15).

**Figure 13: Ever Tried Smoking\*  
High School Students**



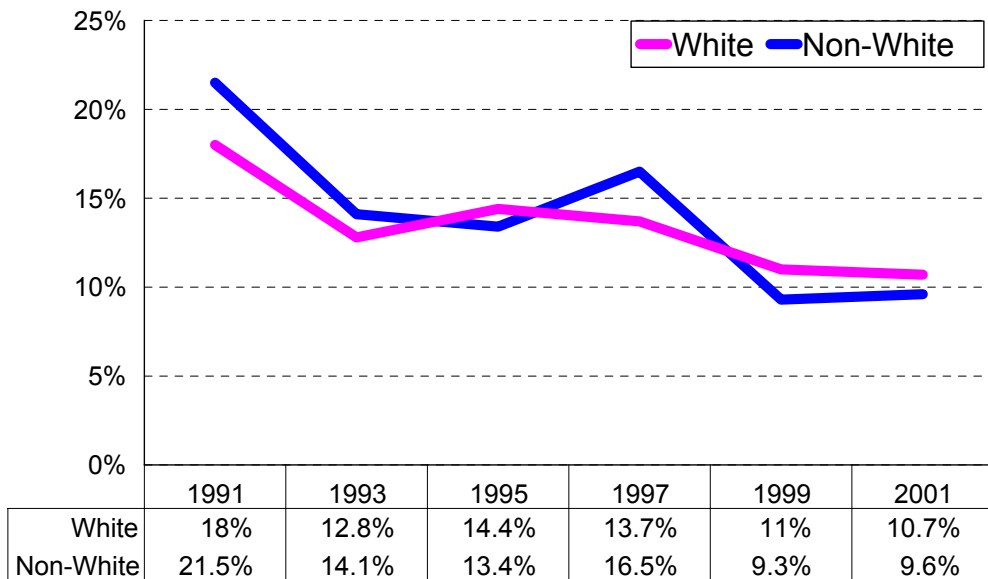
\*Grade Adjusted

Figure 14: Current Smoking (Past 30 Days)\*  
High School Students



\*Grade Adjusted

Figure 15: Daily Smoking\*  
(Smoked Every Day During the Past 30 Days)  
High School Students



\*Grade Adjusted

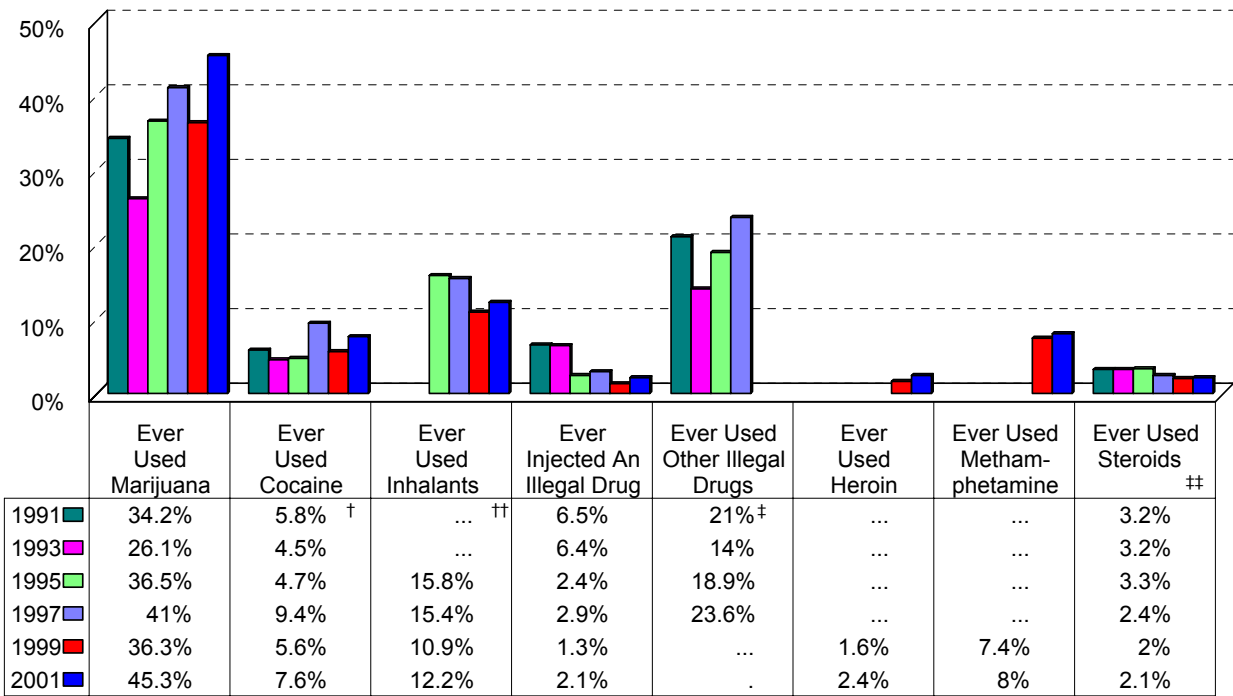
# Illegal Drug Use

The Youth Risk Behavior Survey includes questions on use of marijuana, cocaine, inhalants, heroin, methamphetamine, steroids, and injected drugs, as well as marijuana use and drug acquisition on school property.

## Highlights

@ There was an increase use of all types of illegal drugs among Lancaster County teens. The YRBSS data in 2001 indicated that the most common illicit drug ever used by teens was marijuana (45%), followed by inhalant (12.2%), methamphetamine (8%) and cocaine (7.8%).

Figure 1: Lifetime Drug Use\*  
High School Students



† "any form of cocaine including powder, crack or freebase"

‡ "LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin"

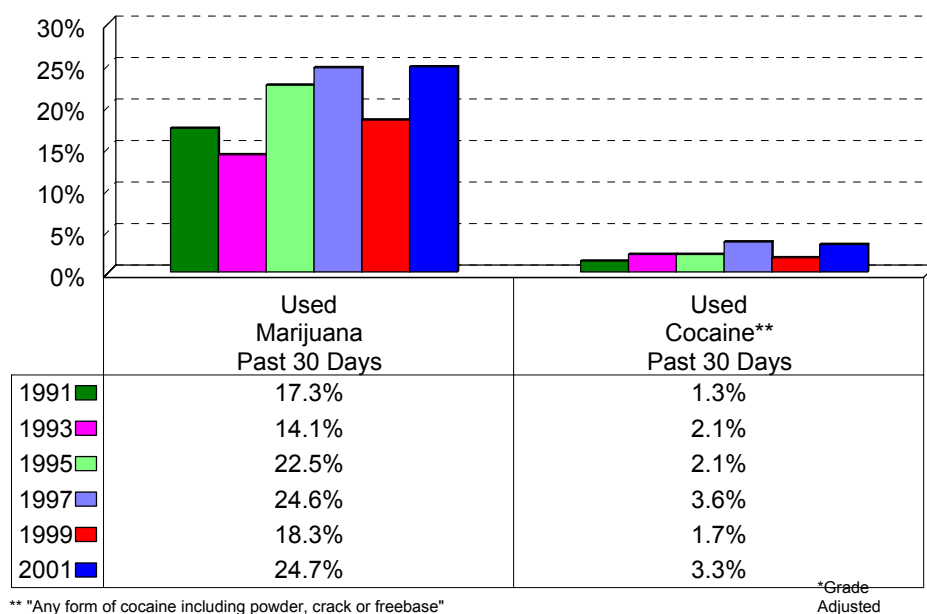
†† "sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays"

## "steroid pills or shots without a doctor's prescription"

\* Grade Adjusted

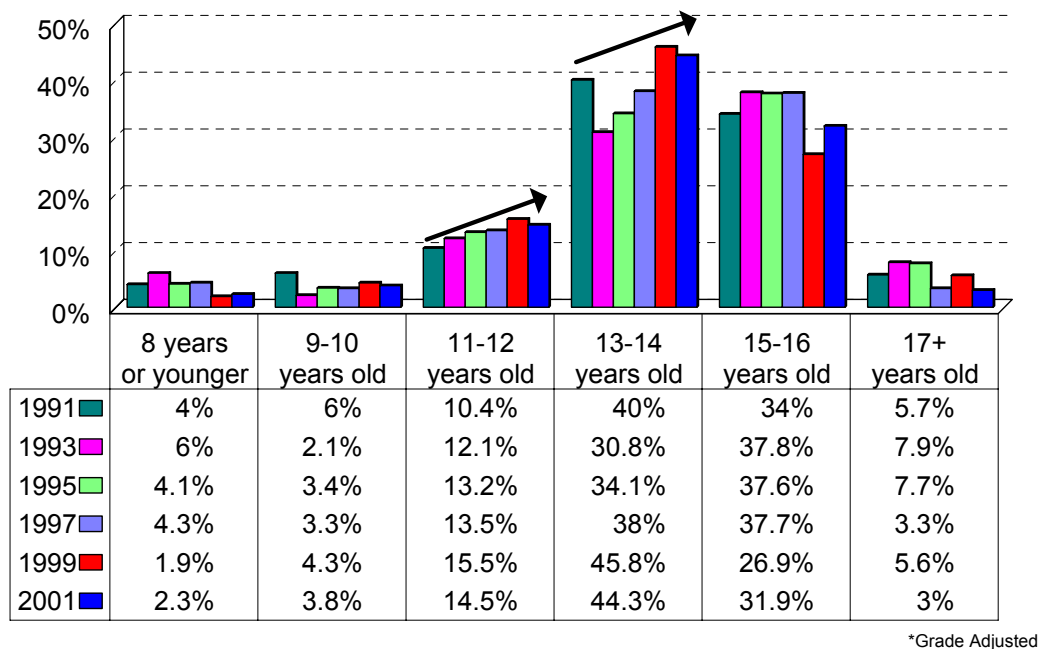
@ Nearly one-fourth (24.7%) of survey respondents reported that they used marijuana during the past 30 days prior to the survey while only 3.3% reported using cocaine (Figure 2).

**Figure 2: Current Drug Use (Past 30 Days)\***  
High School Students



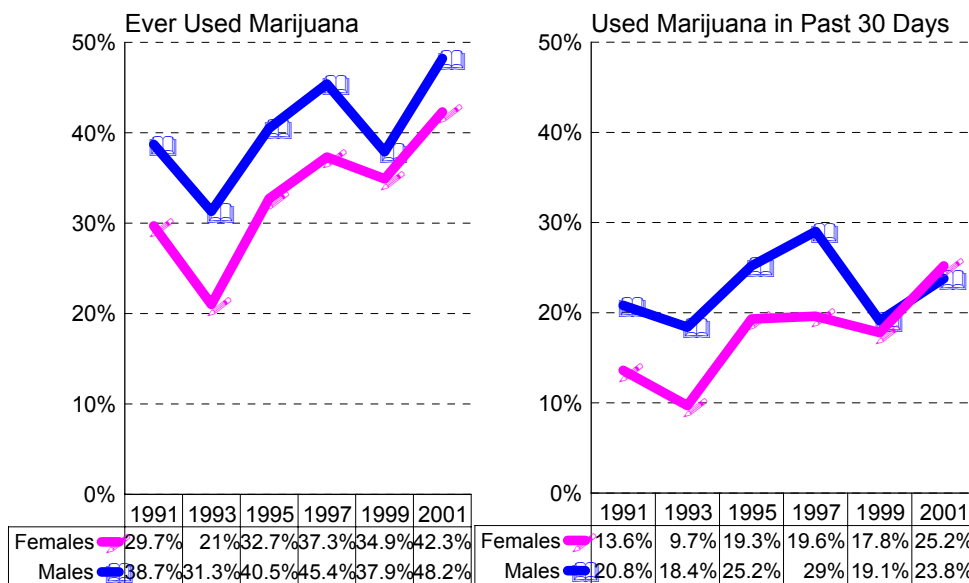
@ In 2001, those who reported marijuana use, 44.3% reported that they first used it at 13-14 years of age and 31.9% reported using at 15-16 years of age.

**Figure 3: Marijuana - Age of First Use\***  
High School Students Who Reported Smoking Marijuana During Their Lifetime



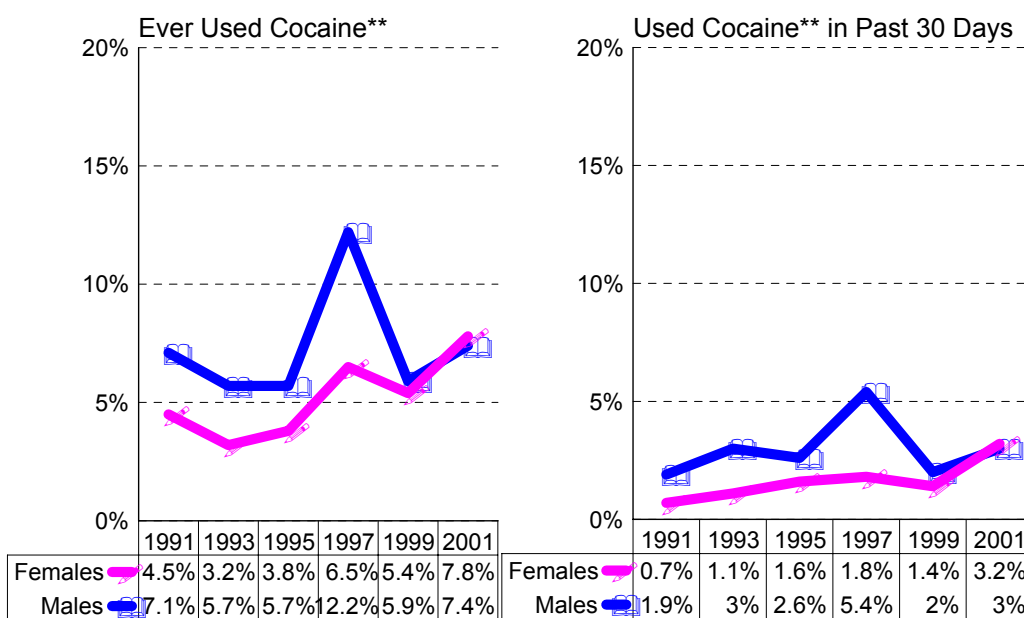
@ Figure 5,6 & 7 shows marijuana, cocaine and other drug use by gender. Except for “Ever Used Marijuana” there was no significant difference in drug use between male and female in 2001.

**Figure 5: Marijuana Use\***  
High School Students



\*Grade Adjusted

**Figure 6: Cocaine Use\***  
High School Students

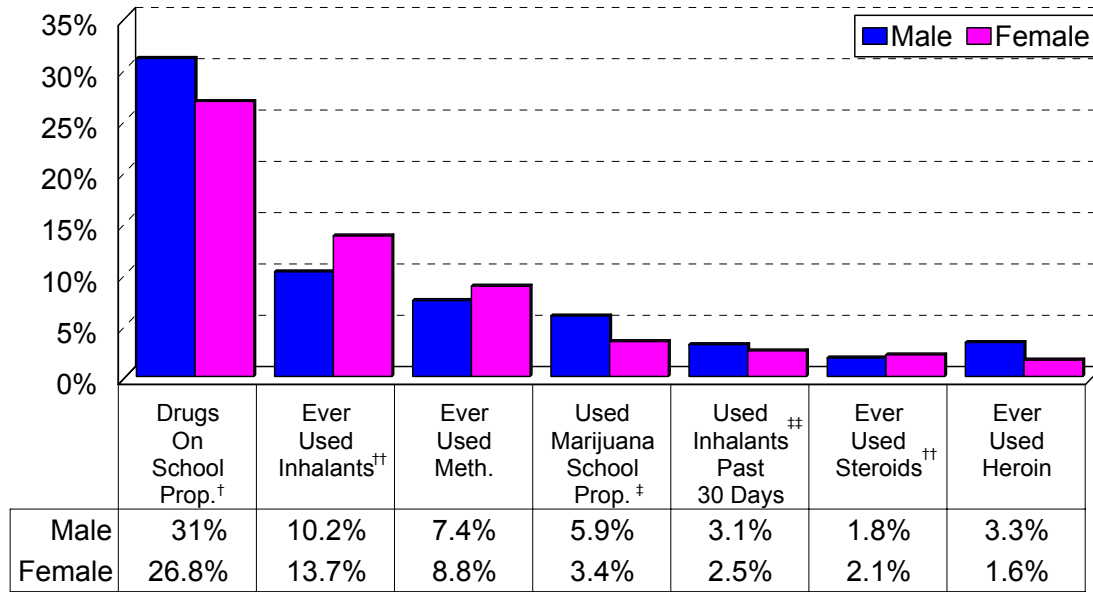


\*\* "Any form of cocaine including powder, crack, or freebase"

\*Grade Adjusted



**Figure 7: Marijuana and Other Drugs\***  
2001 High School Students



<sup>†</sup> "offered, sold, or given drugs on school property in past 12 months"

<sup>‡</sup> "used marijuana on school property in the past 30 days"

<sup>††</sup> "sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays"

<sup>‡‡</sup> "steroid pills or shots without a doctor's prescription"

\*Grade Adjusted

@

As with many other risk behaviors, teens in older grades have generally been more likely than those in younger grades to report illegal drug use (Figs. 8 - 10).

**Figure 8: Ever Used Marijuana by Grade**  
High School Students

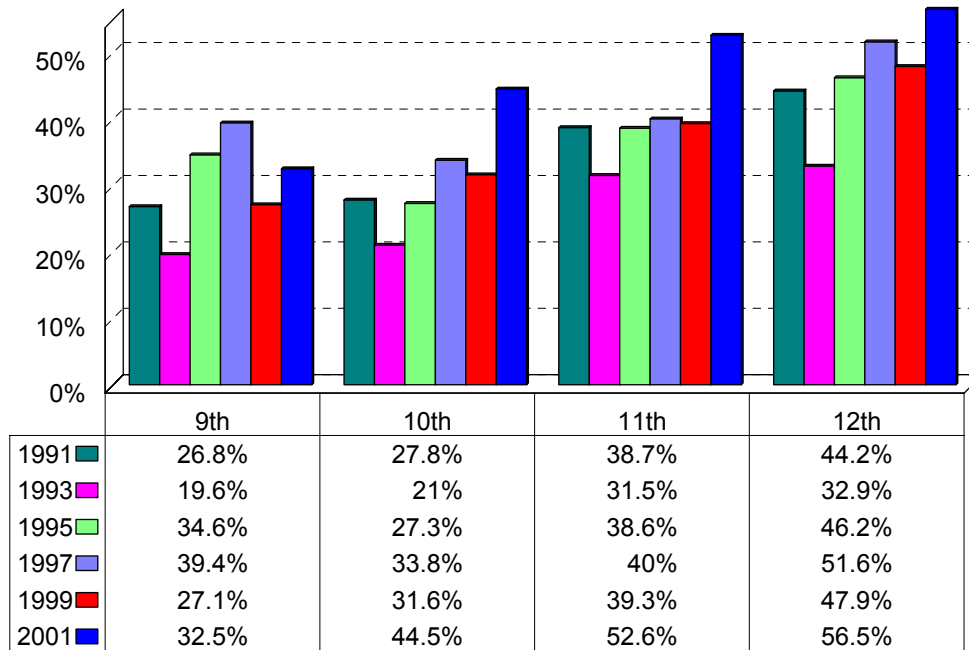


Figure 9: Marijuana Use in Past 30 Days by Grade  
High School Students

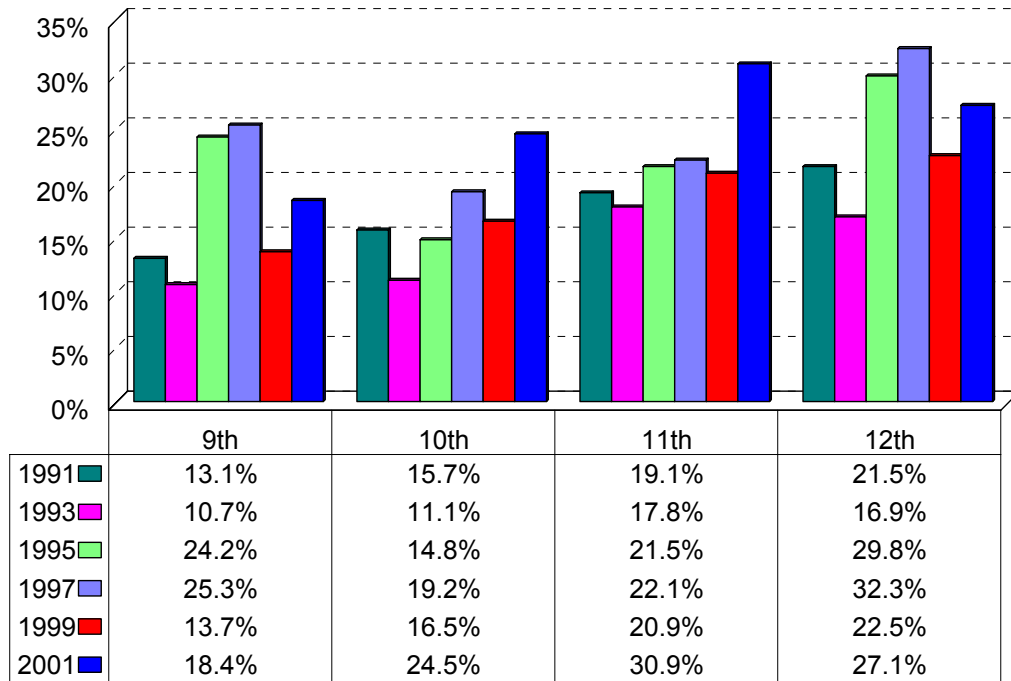
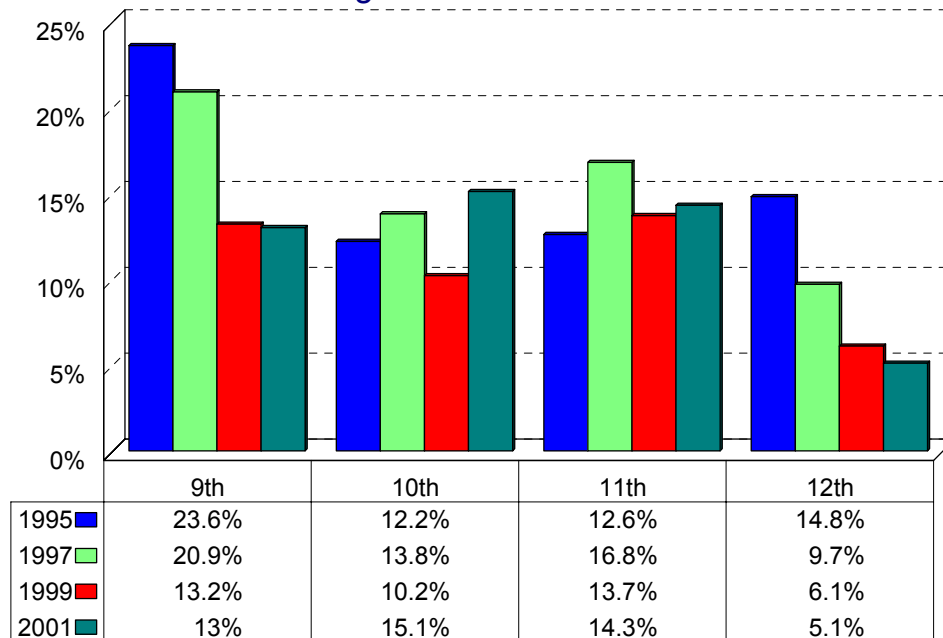


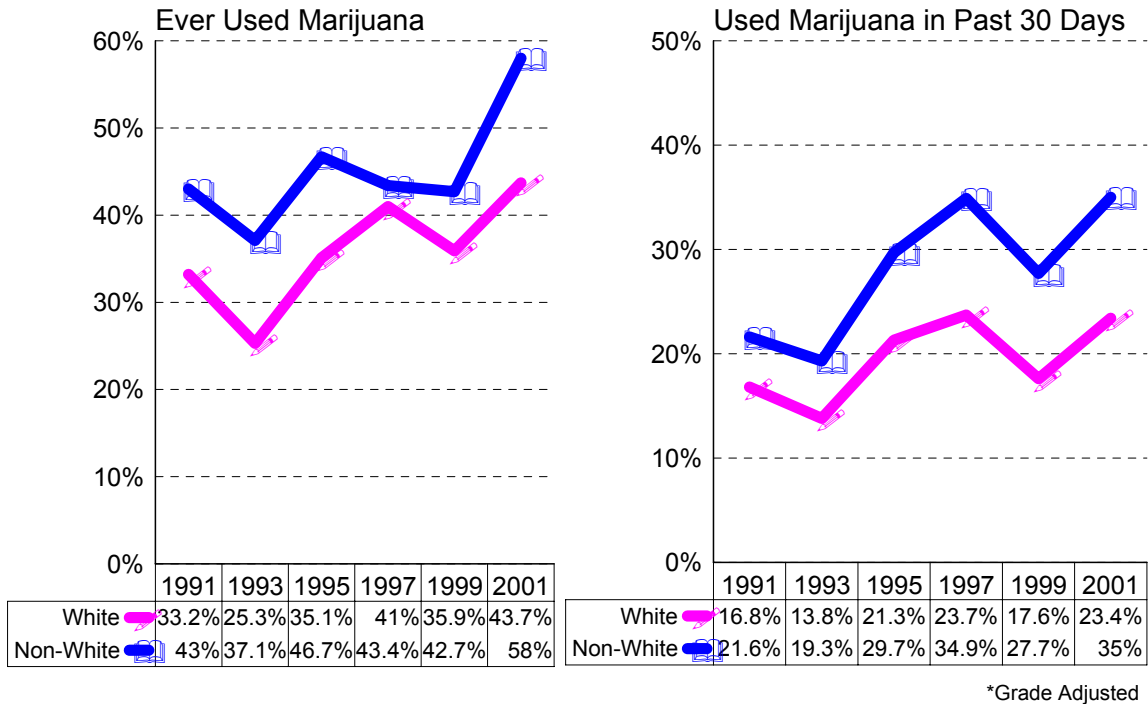
Figure 10: Ever Used Inhalants by Grade  
High School Students



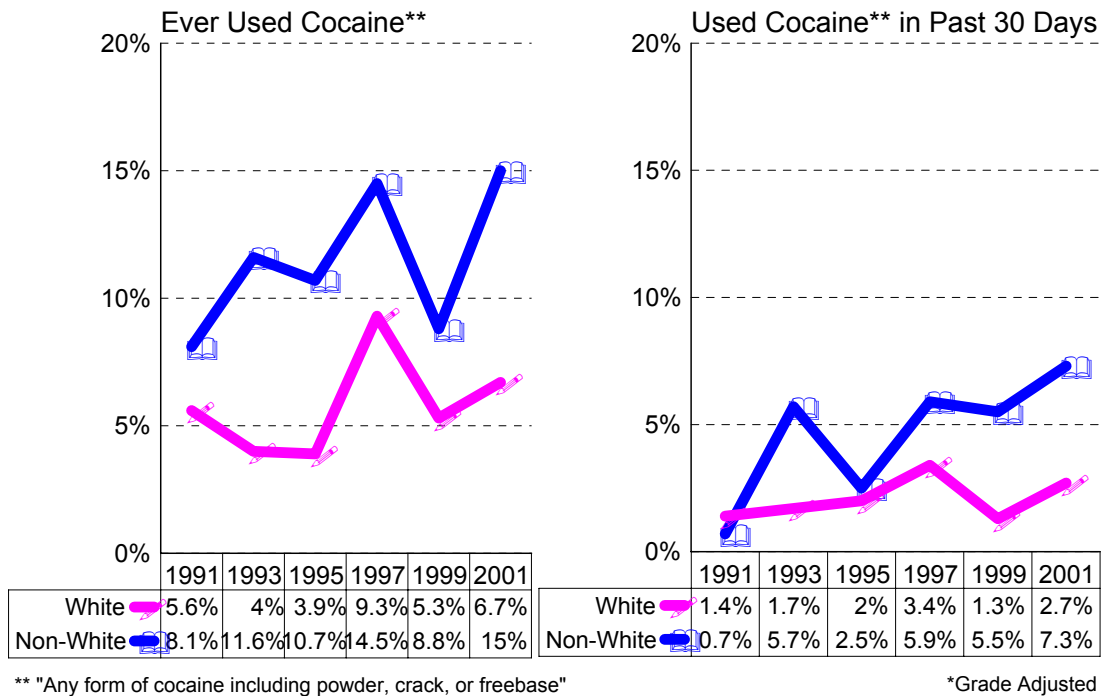
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In 2001, non-white teens were more likely than white teens to report illegal drug use (marijuana, cocaine, methamphetamine, steroid use and inhalant use). They were also more likely to use drugs on school property (Figs. 11 - 13).

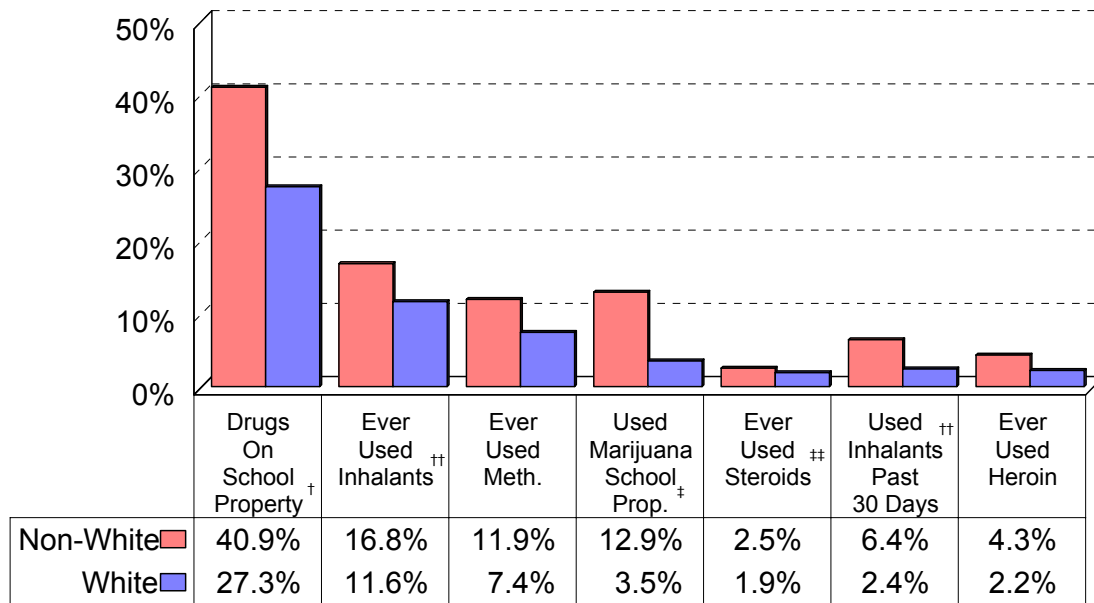
**Figure 11: Marijuana Use\***  
High School Students



**Figure 12: Cocaine Use\***  
High School Students



**Figure 13: Illegal Drug Use\***  
2001 High School Students



<sup>†</sup> "offered, sold, or given drugs on school property in past 12 months"

<sup>‡</sup> "used marijuana on school property in the past 30 days"

<sup>††</sup> "sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays"

<sup>‡‡</sup> "steroid pills or shots without a doctor's prescription"

\*Grade Adjusted

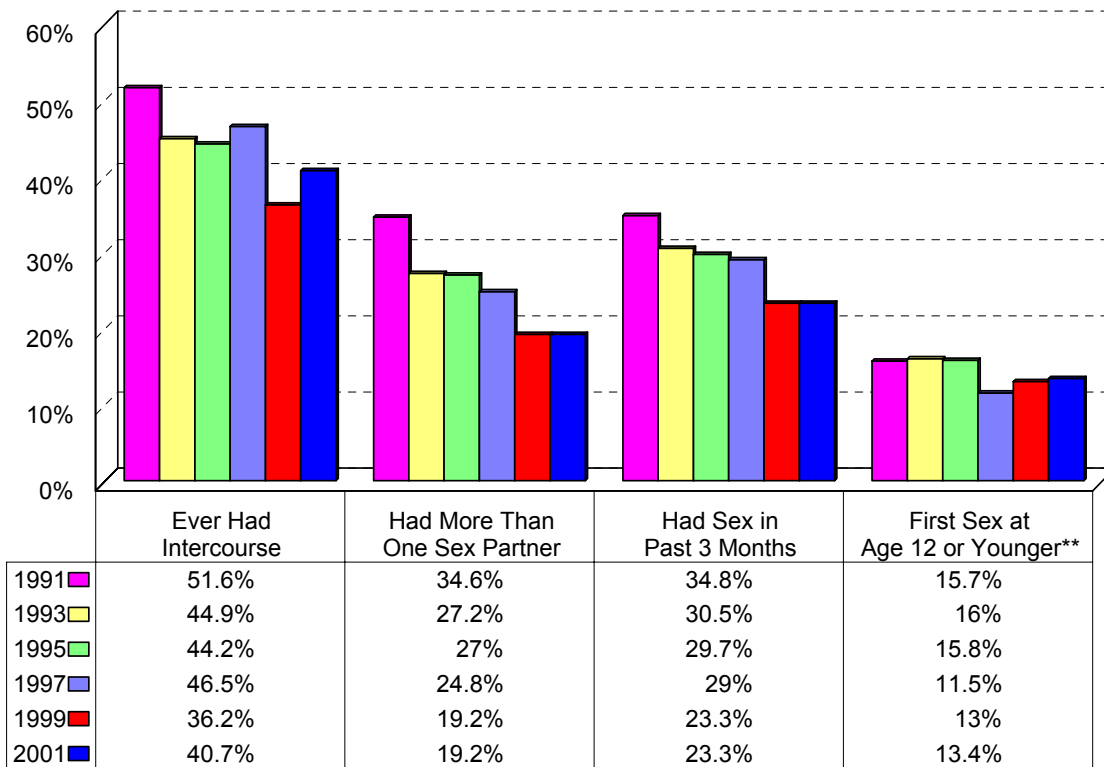
## Sexual Activity

Early sexual activity is associated with unwanted pregnancy, sexually transmitted disease, and negative effect on social and psychological development. The YRBSS questions corresponding to sexual behaviors measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and drug use related to sexual activity, AIDS/HIV education in school, condom and other birth control use.

### Highlights

- @ Reported levels of sexual activity among Lancaster County teens declined from 1991 to 1999 and then went up in 2001, however this was not statistically significant. Other general indicators of sexual activity remained stable over the last two biannual survey years.

**Figure 1: Sexual Activity**  
High School Students\*

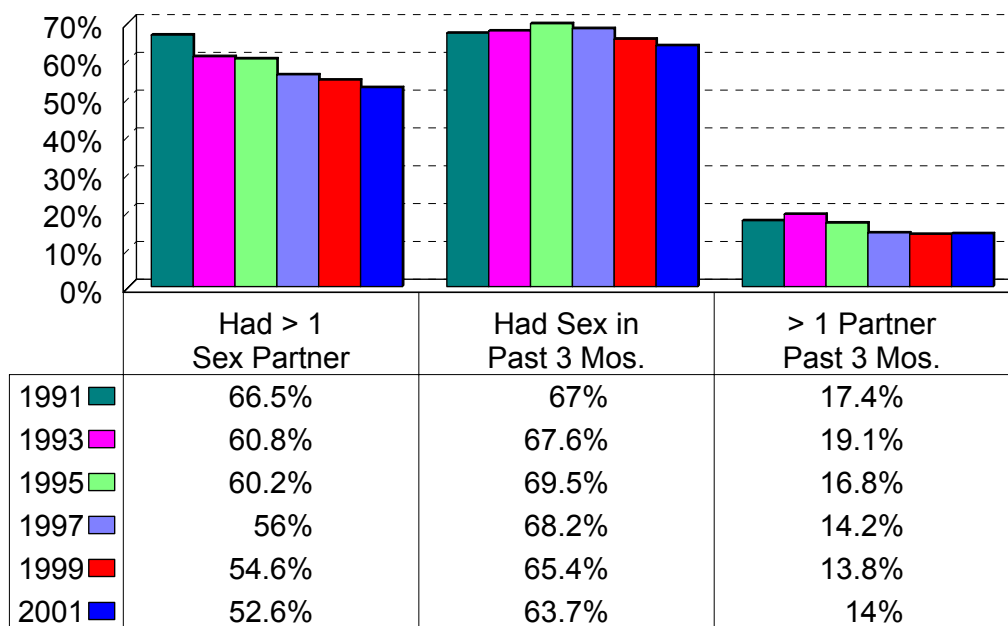


\* Grade-adjusted

\*\* Students Who Reported Having Had Sex

- @ The percentage of teens (who have had sex) reporting that they have had more than one sex partner decreased from 66.5% in 1991 to 52.6% in 2001. There was little change, however, in the percentage of reporting to have more than one sexual partner within the past three months.

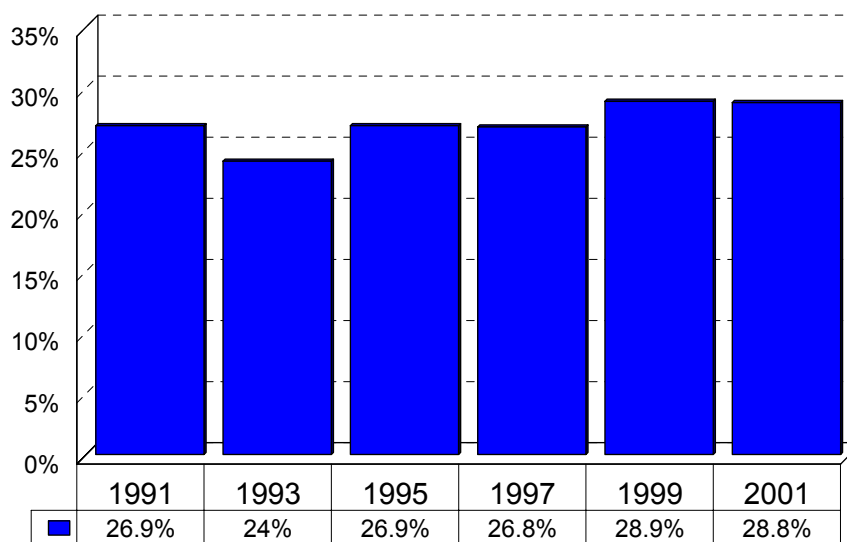
**Figure 2: Sexual Activity\***  
High School Students Who Reported Having Had Sex



\* Grade-adjusted

- @ The percentage of teens (who have had sex) reporting alcohol and drug use prior to their last sexual encounter have not changed from the last YRBSS survey (in 1999).

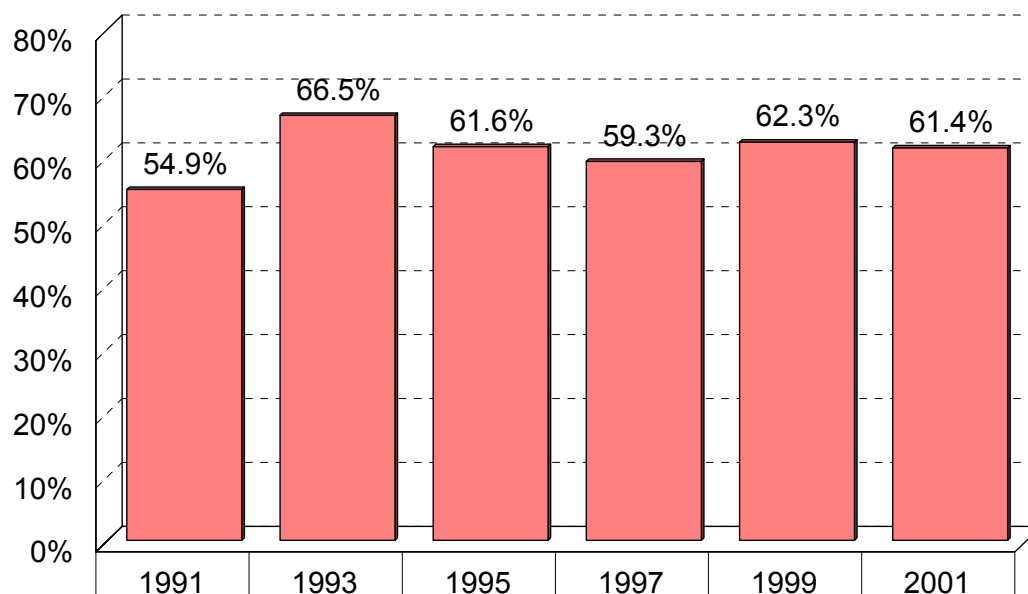
**Figure 3: Alcohol or Drug Use Prior to Last Sexual Intercourse\***  
High School Students Who Reported Having Had Sex



\* Grade-adjusted

- @ Proportion of teens using condom at last intercourse remained about the same in 2001. More than 61% reported using a condom during their last sexual intercourse.

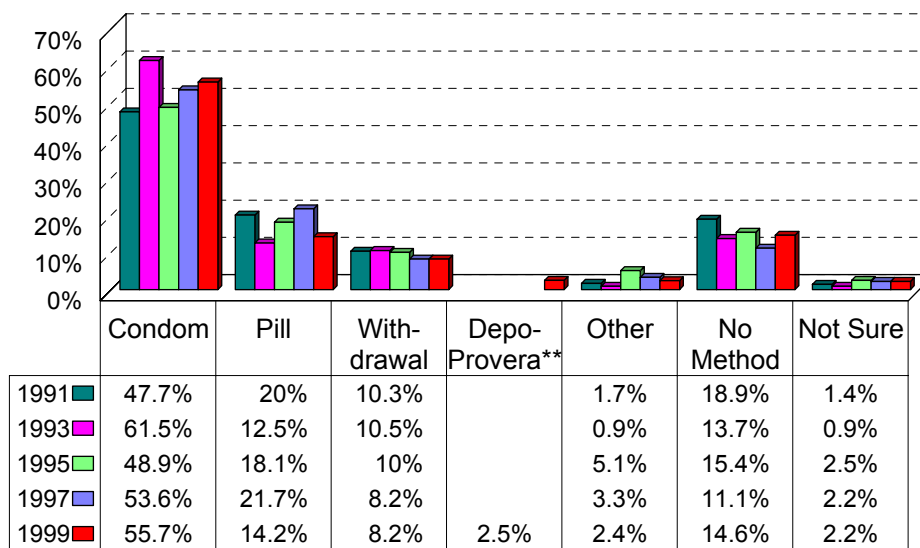
**Figure 4: Condom Use During Last Sexual Intercourse\***  
High School Students Who Reported Having Had Sex



\* Grade-adjusted

- @ Figure 5 shows different contraceptive methods used by the teens during last sexual intercourse.

**Figure 5: Contraception Method Used During Last Sexual Intercourse\***  
High School Students Who Reported Having Had Sex



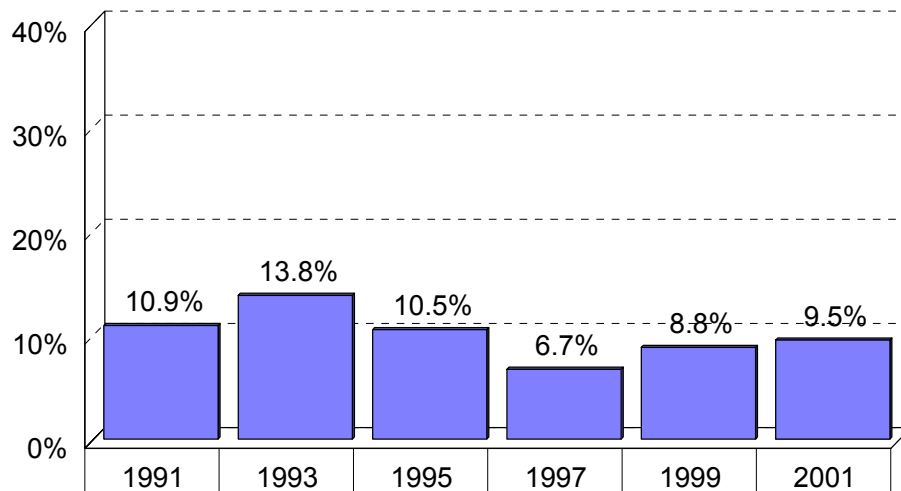
\* Grade-adjusted

\*\* New response option in 1999

@ Almost one out of every ten teens, who reported to have had sex, have been pregnant or gotten someone pregnant.

**Figure 6: Have Been Pregnant or Gotten Someone Pregnant\***

High School Students Who Reported Having Had Sex

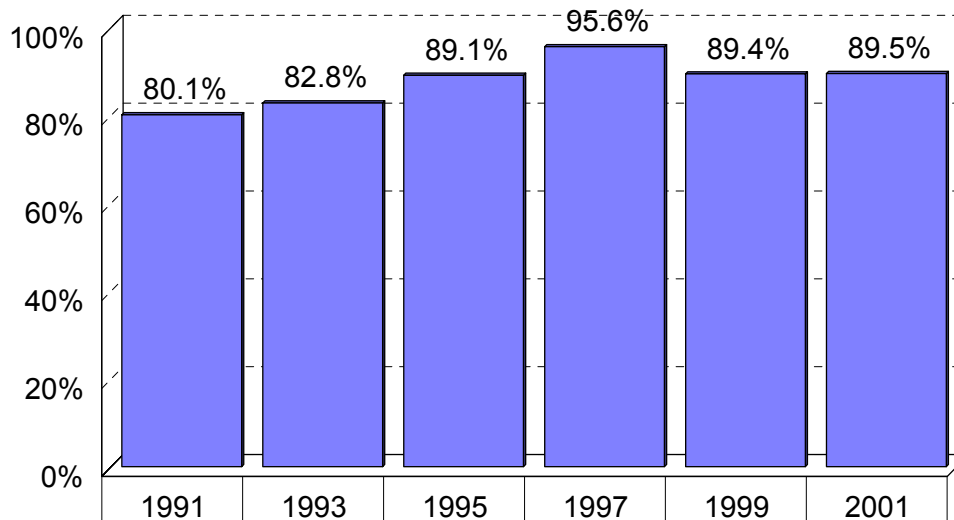


\* Grade-adjusted

@ Proportion of high school students who had AIDS/HIV education in school remained stable since 1999.

**Figure 7: Had AIDS/HIV Education in School**

High School Students\*



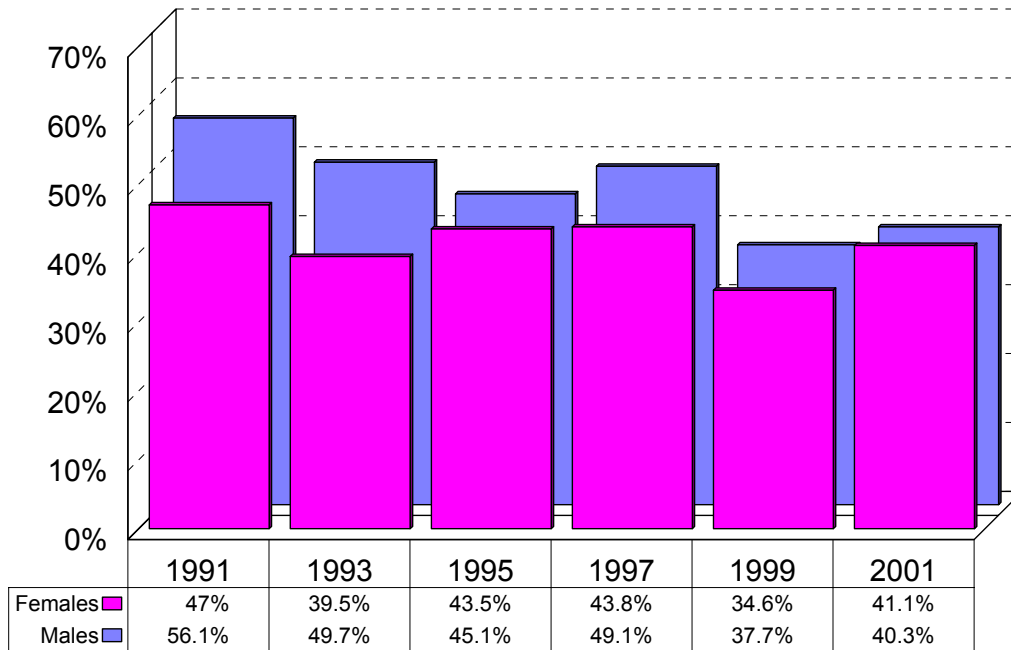
\* Grade-adjusted



@

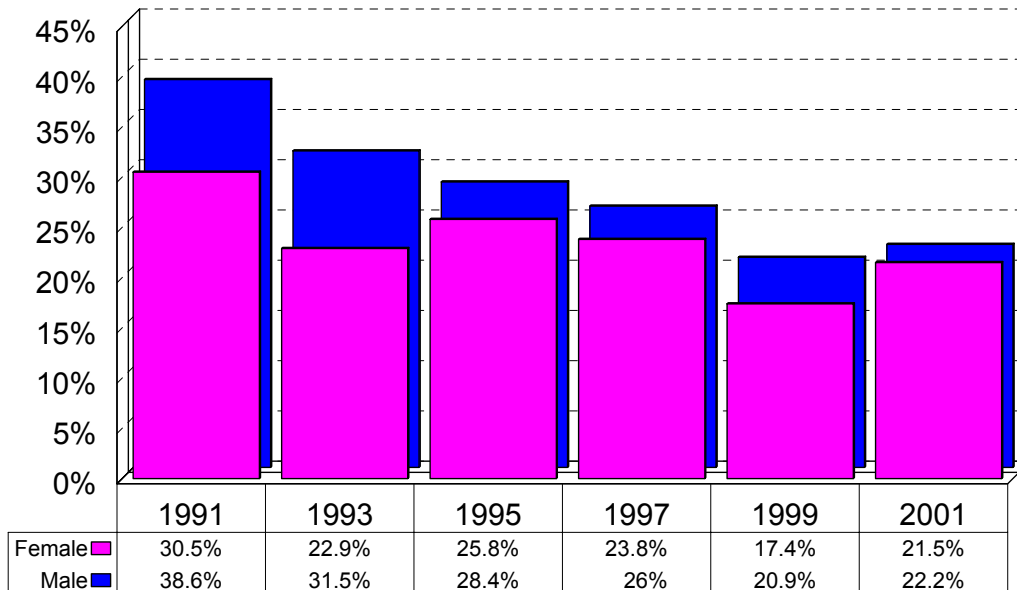
Male teens tended to report more sexual activity than did female teens. From 1991 to 2001, reported sexual activity declined for both sexes, and gender differences decreased. Males and Females were equally likely to report alcohol or drug use prior to sex, and having more than one sex partner in 2001 (Figure 8,9&10).

**Figure 8: Sexual Activity\***  
High School Students Who Have Ever Had Sexual Intercourse



\* Grade-adjusted

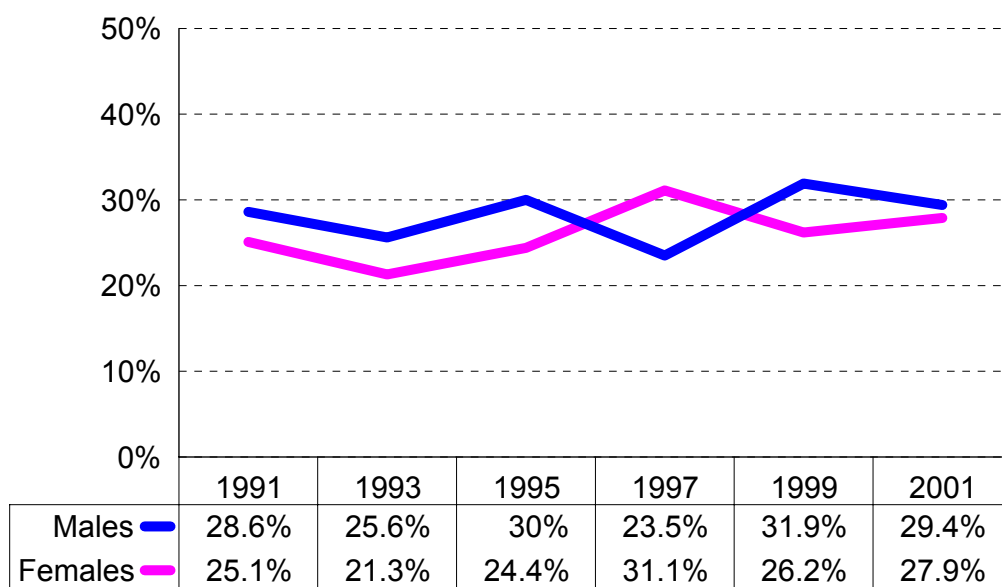
**Figure 9: Have Had More Than One Sex Partner\***  
High School Students



\* Grade-adjusted

**Figure 10: Alcohol or Drug Use Prior to Last Sexual Intercourse\***

High School Students Who Reported Having Had Sex



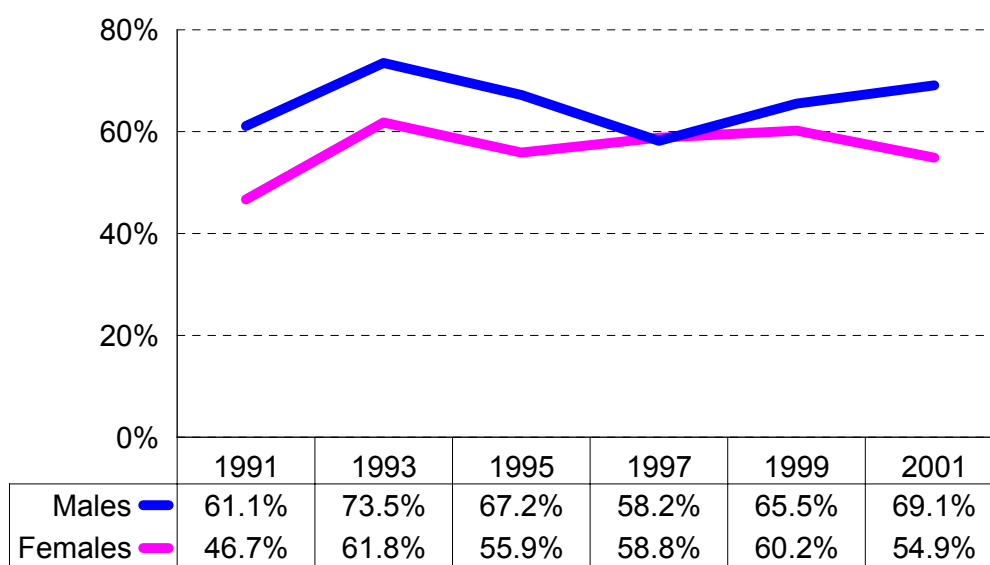
\* Grade-adjusted

@

In 2001, male teens (69.1%) were more likely to report using condom than female teens (54.9%) during their last sexual intercourse.

**Figure 11: Used Condom at Last Sexual Intercourse\***

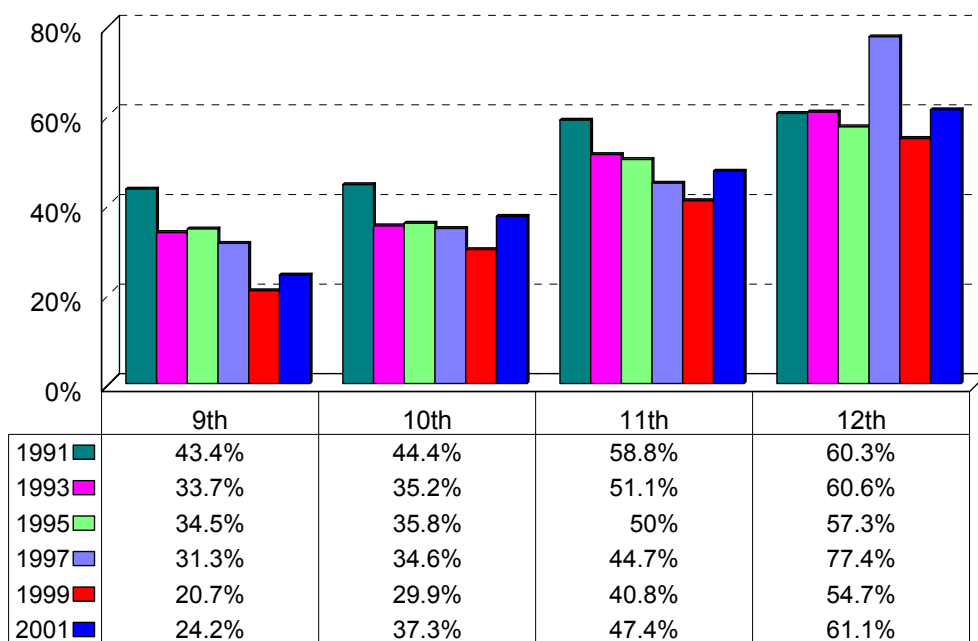
High School Students Who Reported Having Had Sex



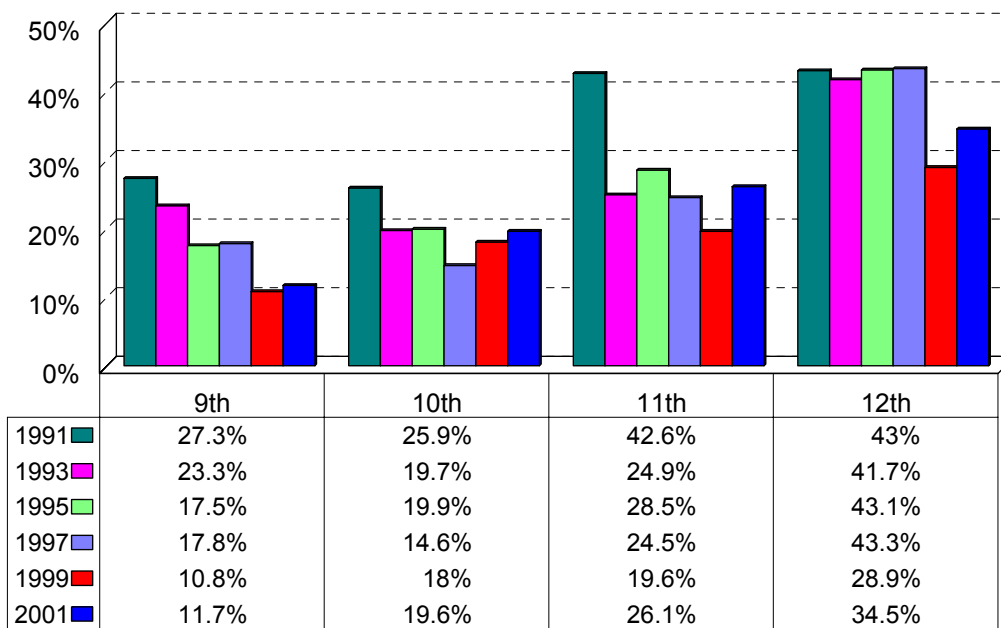
\* Grade-adjusted

@ Teens in older grades were more likely than teens in younger grades to report sexual activity.

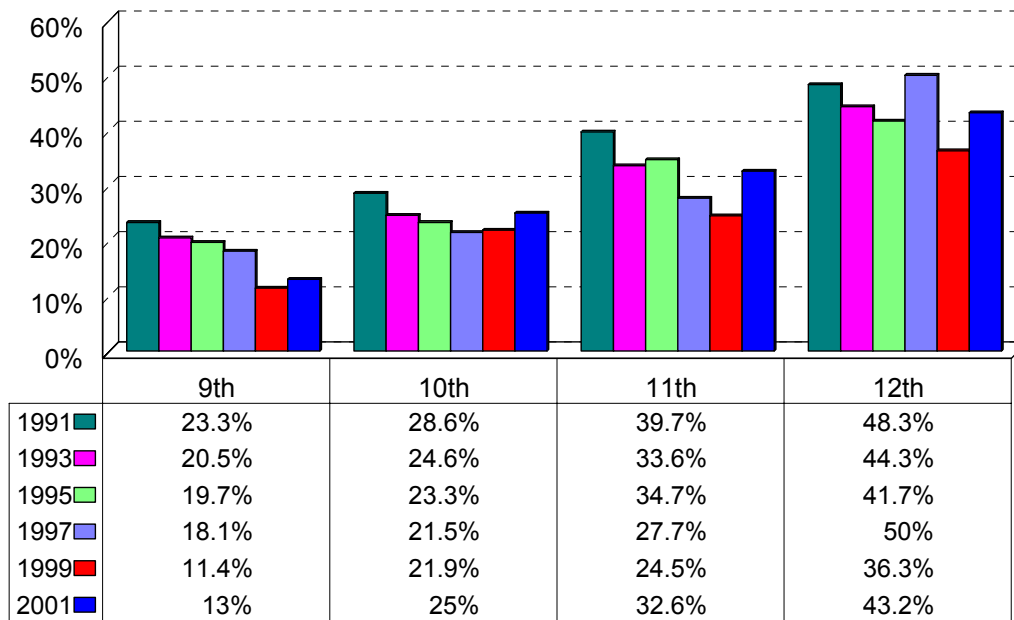
**Figure 12: Sexual Activity By Grade**  
High School Students Who Reported Having Had Sex



**Figure 13: Sexual Activity By Grade**  
High School Students Who Reported Having Had More Than One Sexual Partner During Their Lifetime



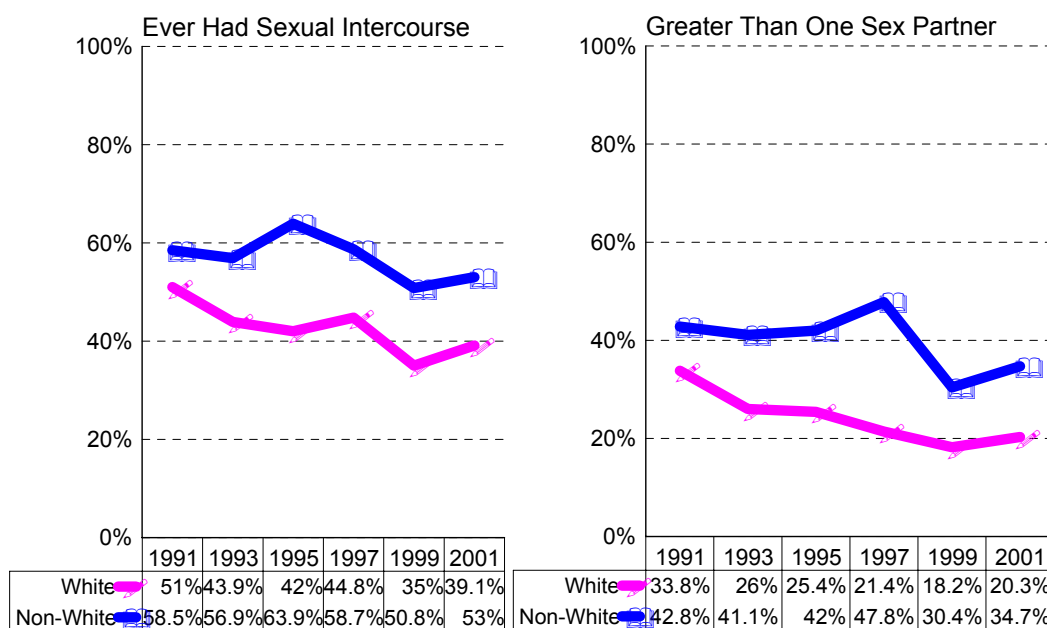
**Figure 14: Sexual Activity By Grade**  
High School Students Who Reported Having Had Sex in the Past 3 Month



@

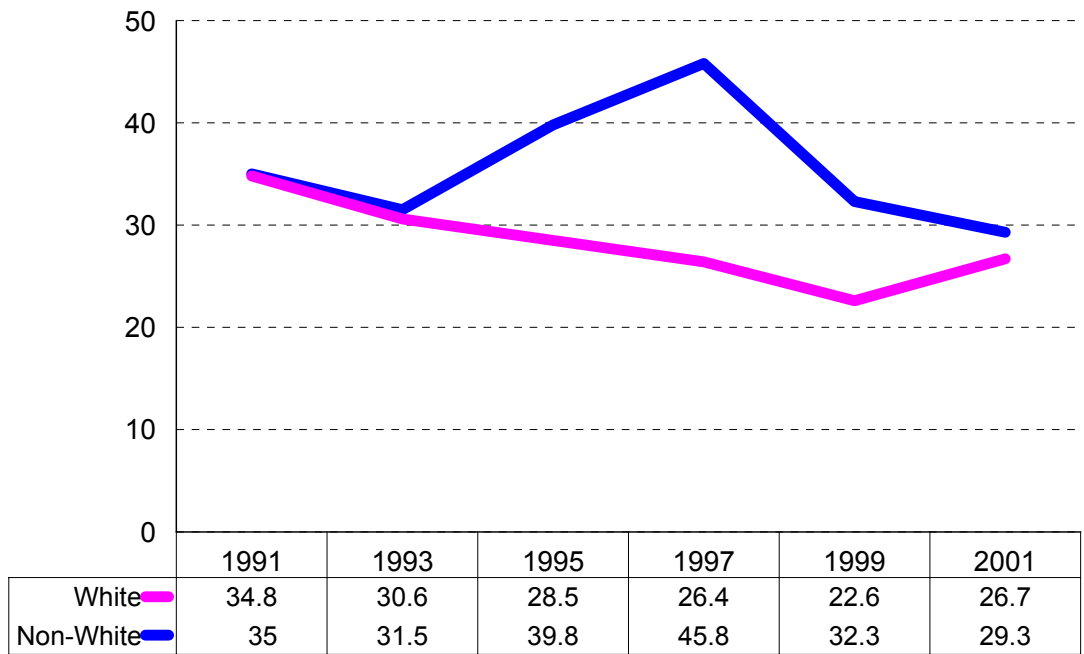
There were notable differences between white and non-white teens in the indicators of sexual activity. Higher percentage of non-white teens reported to have sexual intercourse and having more than one sexual partner than white teens. This trend was persistent across all survey years. Non-whites were also less likely to use condom at their last sexual intercourse.

**Figure 15: Sexual Activity\***  
High School Students



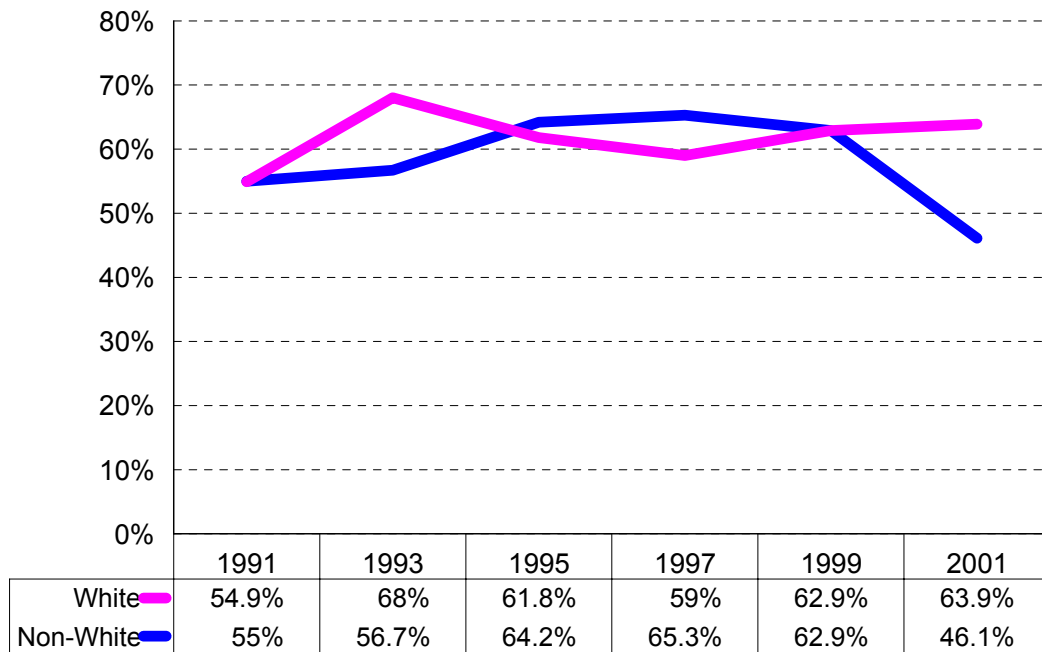
\*Grade Adjusted

**Figure 16: Currently Sexually Active\***  
High School Students, Reported Having Had Sex in the Past Three Months



\*Grade Adjusted

**Figure 17: Condom Use at Last Sexual Intercourse\***  
High School Students Reporting That They Have Ever Had Sex



\*Grade Adjusted

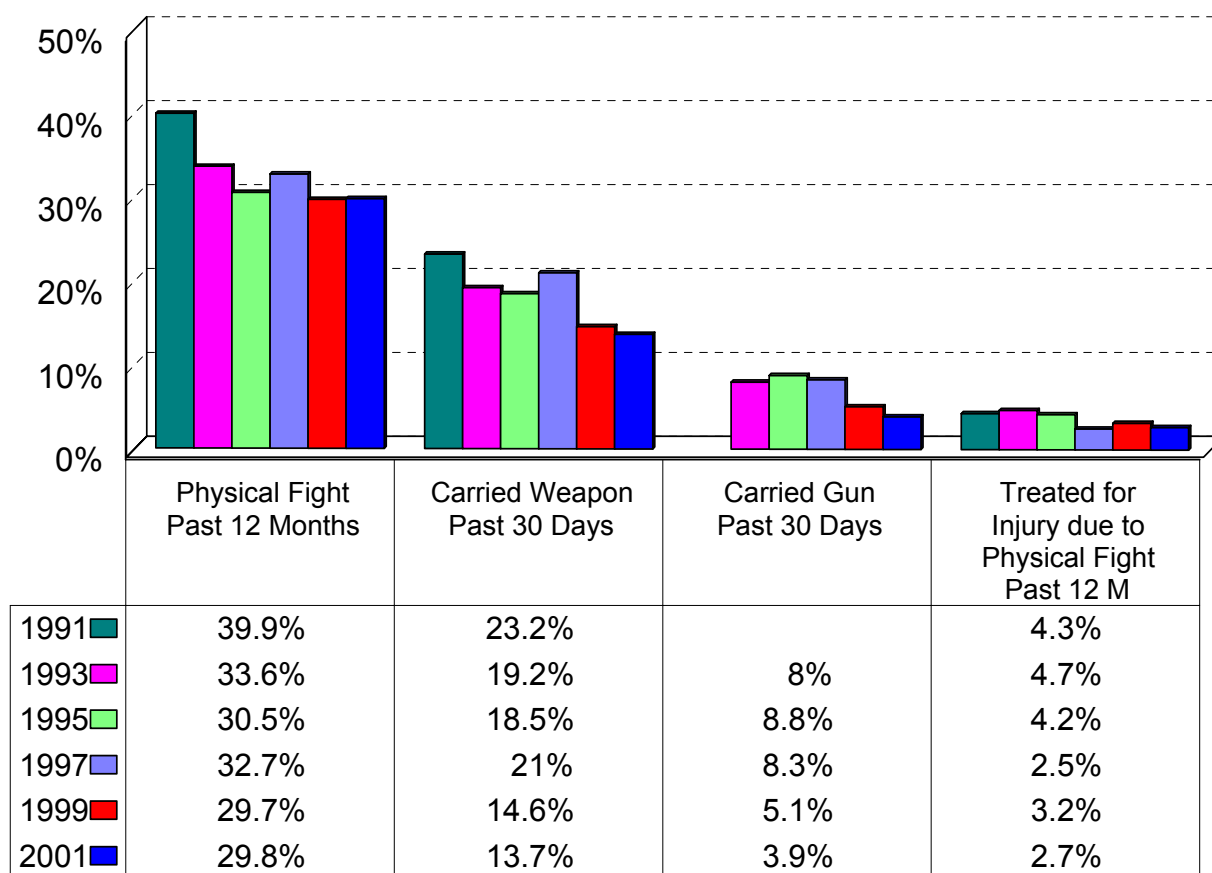
## Violence

Youth violence poses major risks to health and safety. The Youth Risk Behavior Survey includes questions on physical fighting, weapons possession, injury as a result of physical fighting, weapon threats, school absence due to safety concerns, abuse, and forced sexual intercourse.

### Highlights

- @ In 2001, about one third of teens reported having been involved in physical fight during the 12 months preceding the survey; the rate has not changed from the previous biannual survey years. Other general indicators of violence and weapons possession continued to show a steady decline over the time of record.

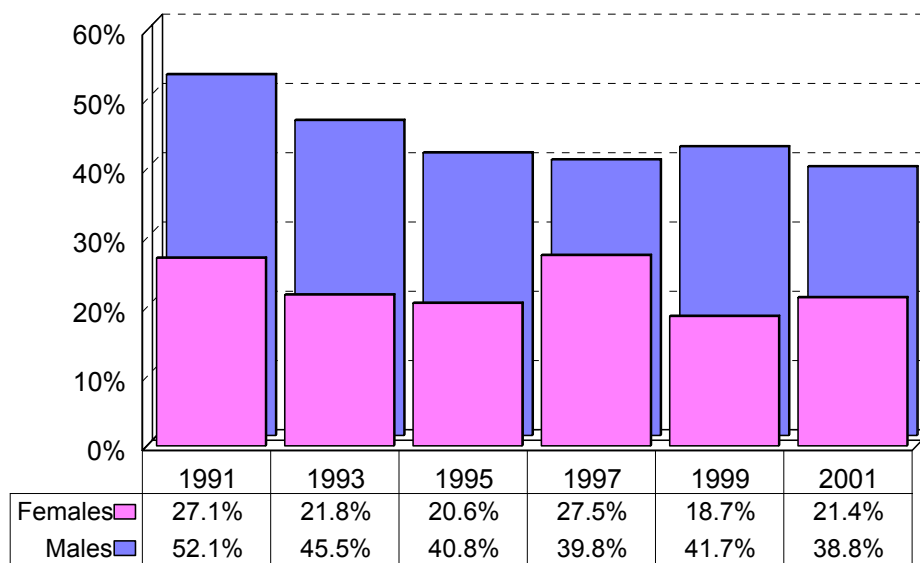
**Figure 1: Violence\***  
High School Students



\*Grade Adjusted

@ Similar to past surveys, males (38.8%) were more likely to report physical fight than females (21.4%) during the 12 months preceding the survey.

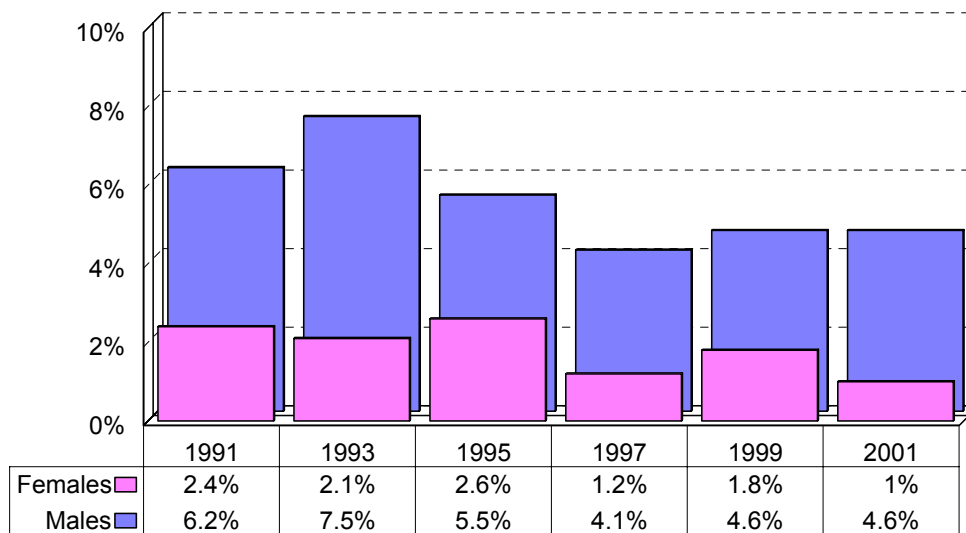
**Figure 3: Physical Fight Within Past 12 Months\***  
High School Students



\*Grade Adjusted

@ Higher proportions of males (4.6%) were treated for an injury resulting from a fight than females (1%).

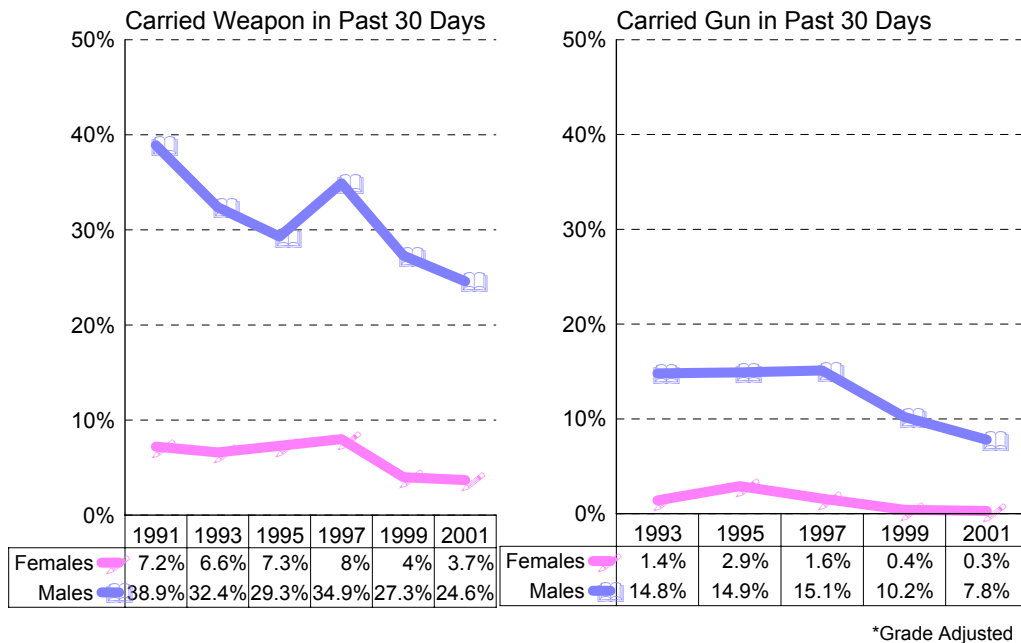
**Figure 4: Treated for Injury  
Due to Physical Fight in the Past 12 Months\***  
High School Students



\*Grade Adjusted

@ Males were nearly seven times (24.6%) more likely to carry a weapon and twenty six times (7.8%) more likely to carry a gun than female (3.7% & 0.3% respectively).

**Figure 5: Weapon and Gun Possession\***  
High School Students



@ Figure 6, 7 & 8 shows physical fight, weapon and gun possession by grade.

**Figure 6: Physical Fight Within  
Past 12 Months By Grade  
High School Students**

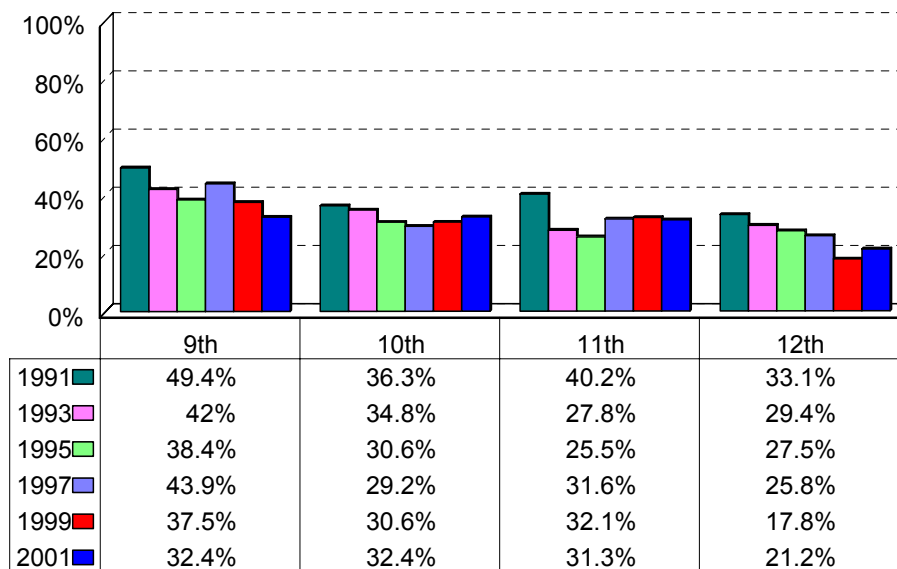




Figure 7: Weapon Possession by Grade  
Carried Gun, Knife, or Club Within Past 30 Days

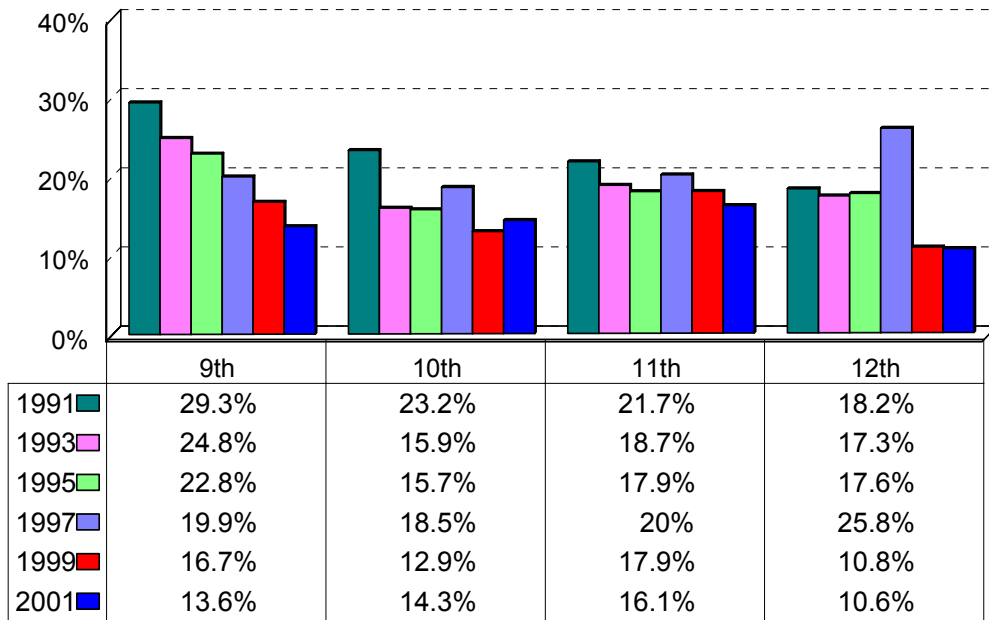
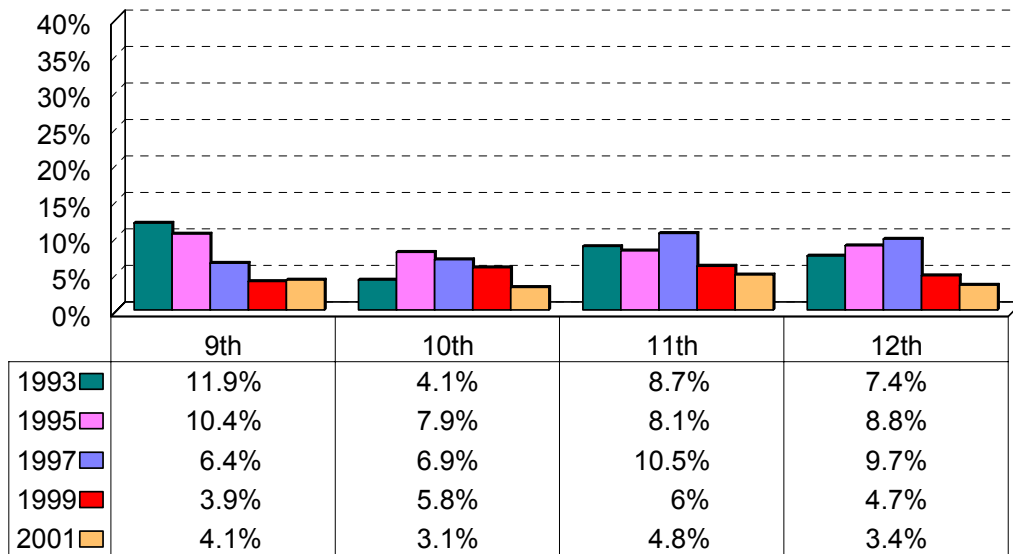
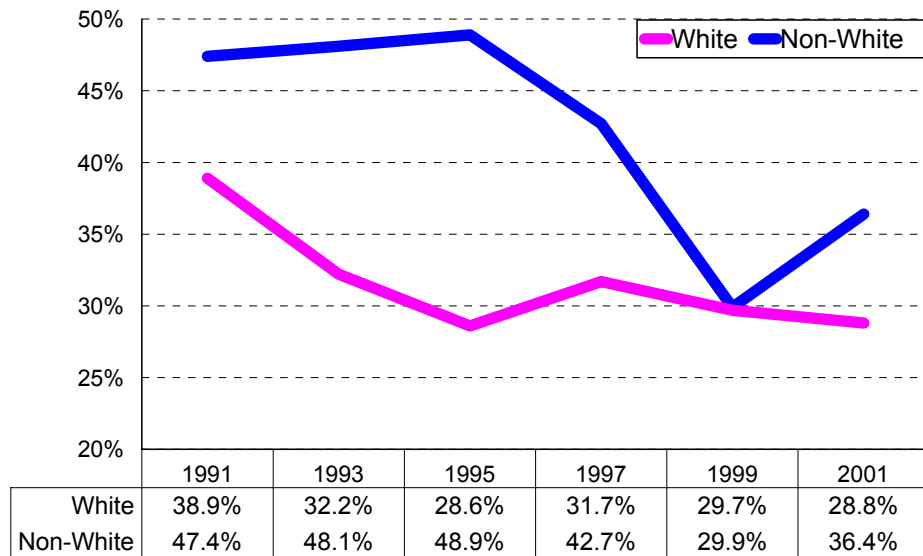


Figure 8: Gun Possession by Grade  
Carried a Gun Within the Past 30 Days



- @ Non-whites were more likely to report a physical fight than whites in 2001. This was consistent with the previous survey years except 1999 when the rate was the same for both racial groups.

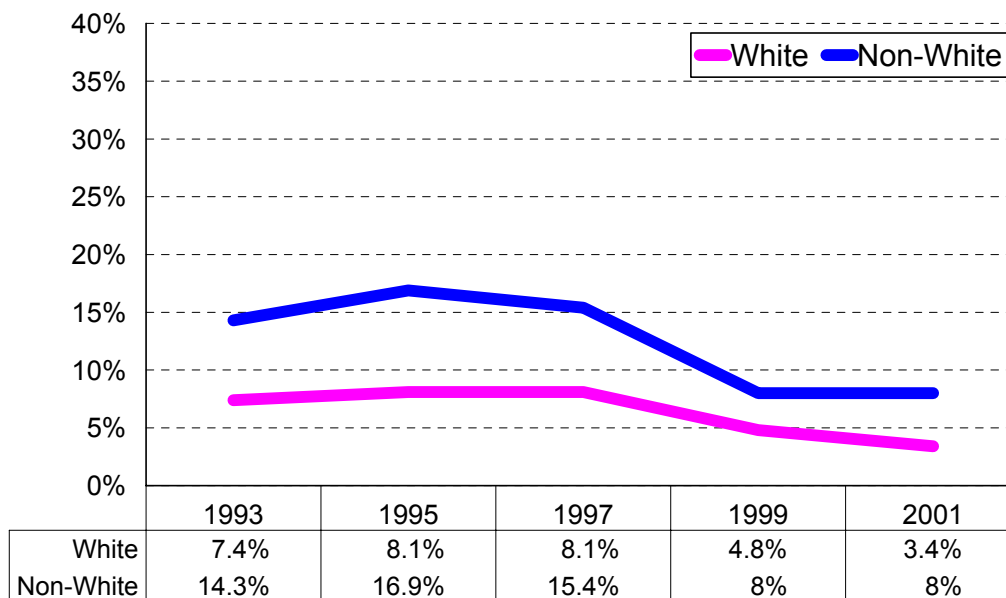
**Figure 9: Physical Fight Within Past 12 Months\***  
High School Students



\*Grade Adjusted

- @ Non-whites were also more likely to report possessing a weapon or a gun during the month preceding the survey.

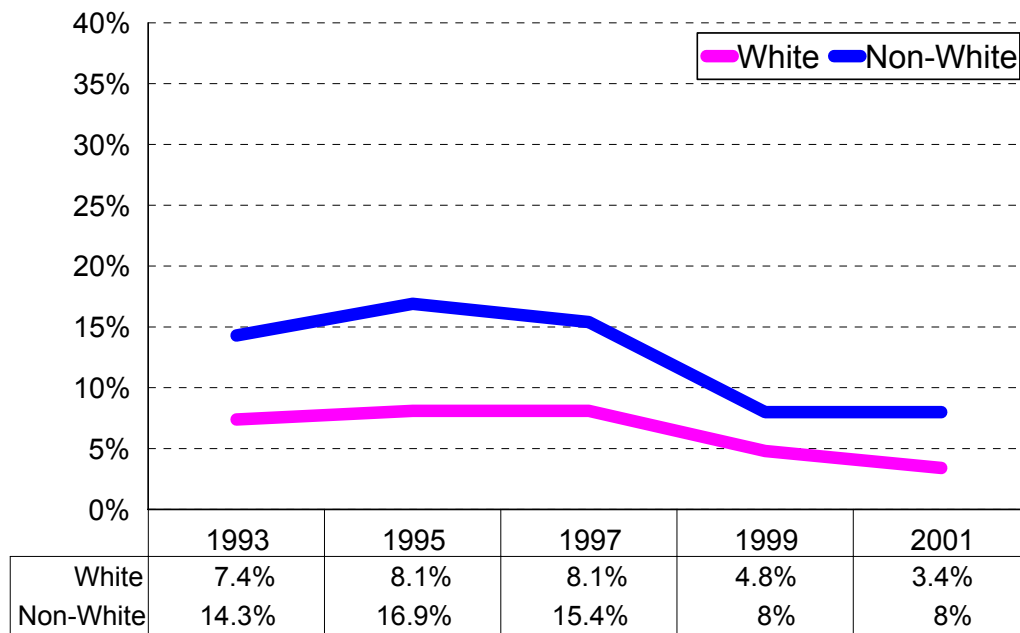
**Figure 10: Gun Possession\***  
Carried a Gun During the Past 30 Days



\*Grade Adjusted

@ Non-whites were also more likely to report possessing a weapon or a gun during the month preceding the survey.

**Figure 11: Gun Possession\***  
**Carried a Gun During the Past 30 Days**



\*Grade Adjusted

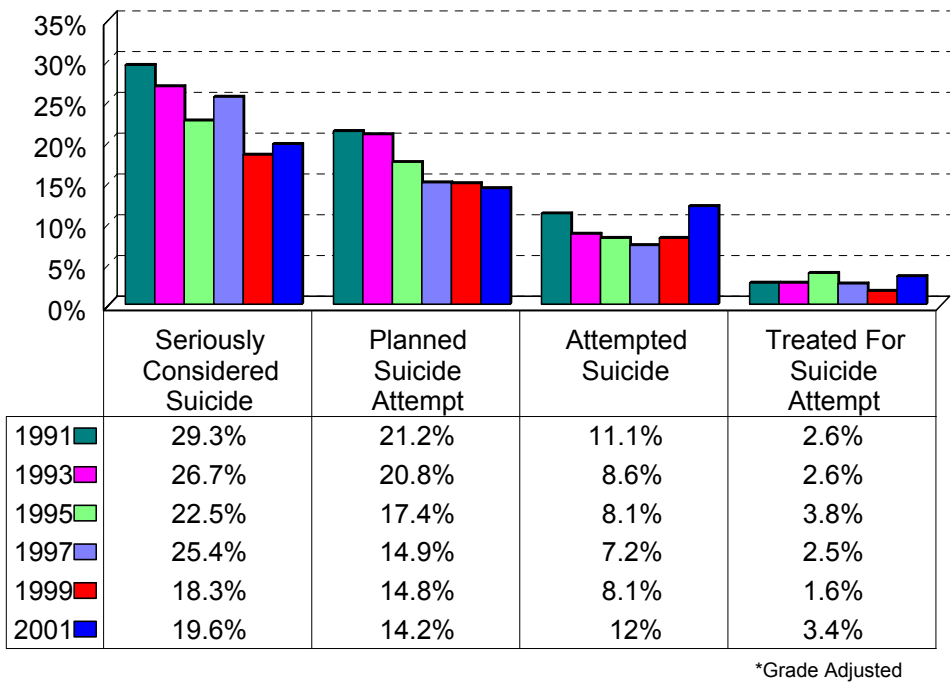
# Suicide

Suicide is the third leading cause of death for young people aged 15 to 24. The Youth Risk Behavior Survey includes questions on feeling sad and hopeless, considering suicide, planning suicide attempts, attempting suicide, and medical treatment for injuries due to a suicide attempt.

## Highlights

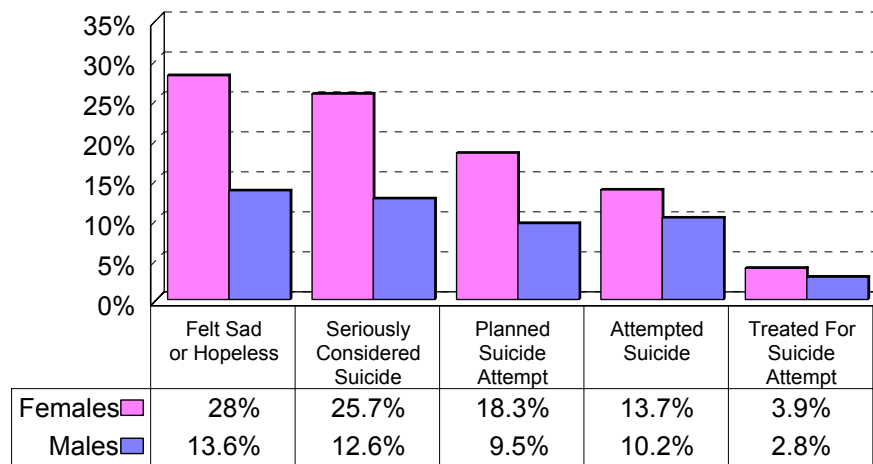
@ Figure 1 shows trends in suicidal ideation (thoughts and plans) and attempts among Lancaster county teens from 1991 to 2001. Although it declined since 1991, rates for 2001 were slightly higher than 1999.

Figure 1: Suicide Ideation and Attempts\*  
High School Students, Reported During the Past 12 Months



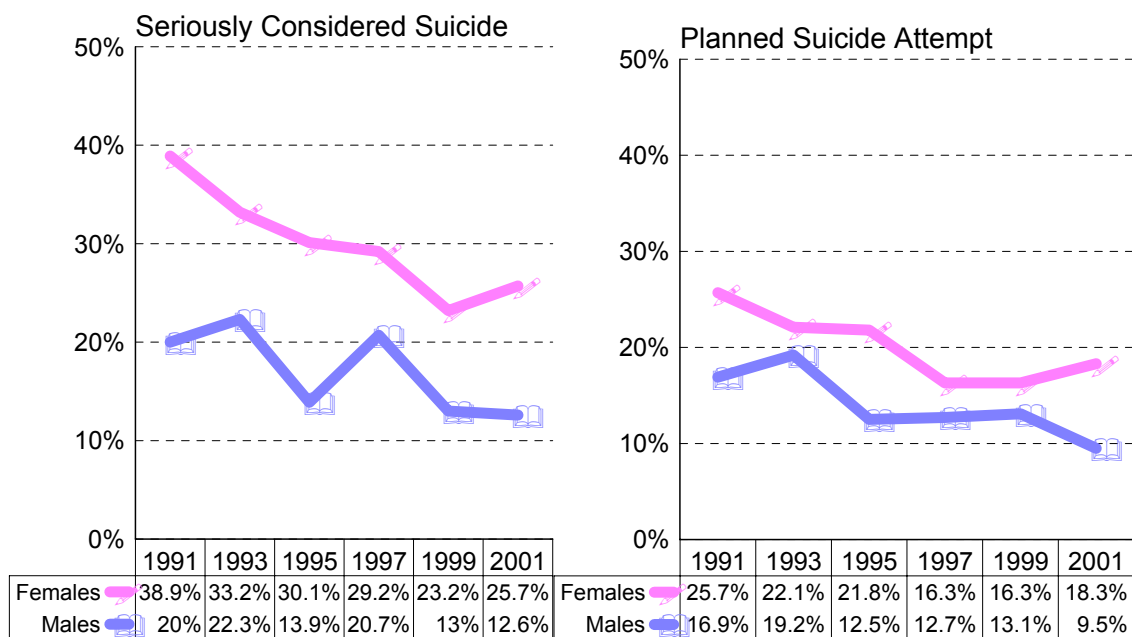
@ Female teens reported higher levels of depression, suicide thoughts, and suicide plans, than did male students in 2001. This was also evident in all six biannual survey years ( Figure 2 & 3).

**Figure 2: Suicide Ideation and Attempts\***  
2001 High School Students, Reported During the Past 12 Months



\*Grade Adjusted

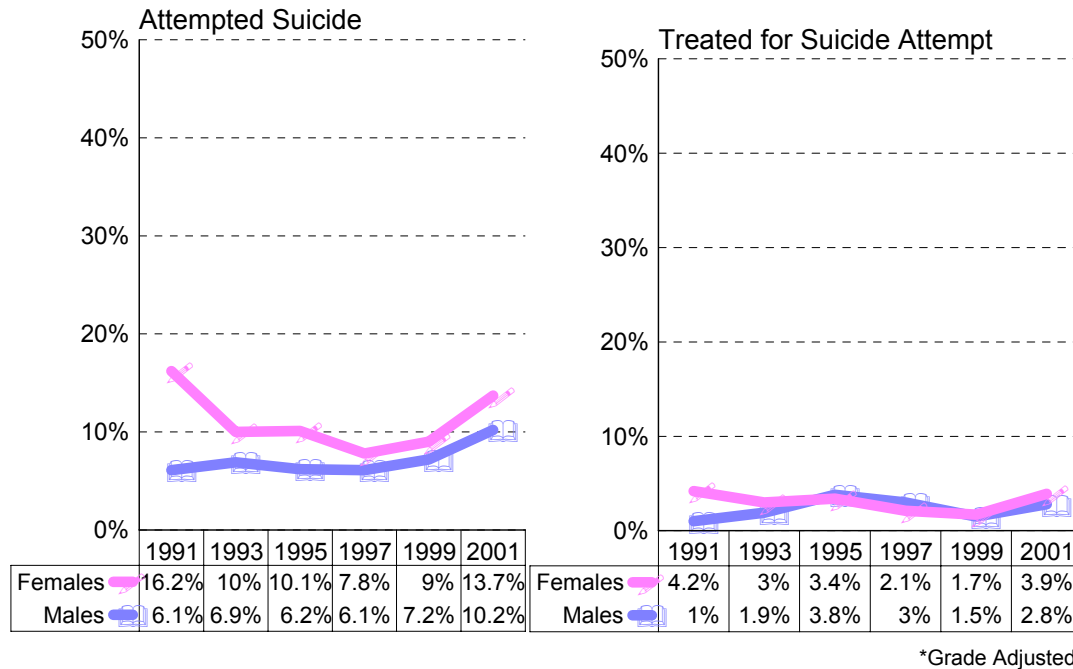
**Figure 3: Suicide Ideation\***  
High School Students, Reported During the Past 12 Months



\*Grade Adjusted

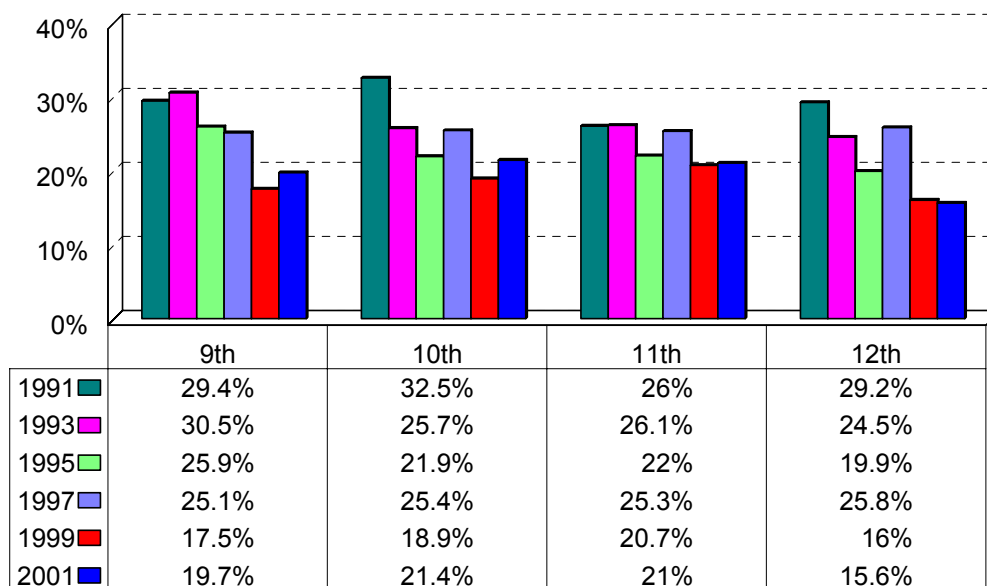
@ There was little difference between males and females in reporting of either suicide attempts or injuries requiring medical treatment.

**Figure 4: Suicide Attempts and Injuries\***  
High School Students, Reported During the Past 12 Months

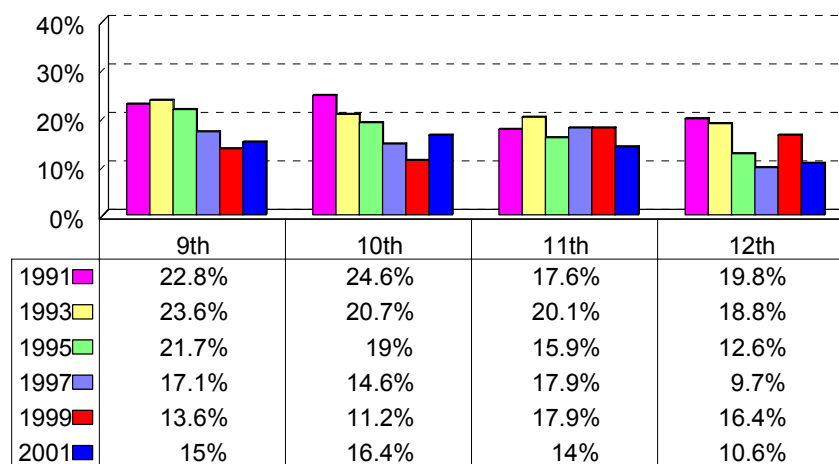


@ Figure 5,6,7,8&9 presents reported suicide thoughts, attempts and injuries by individual grades.

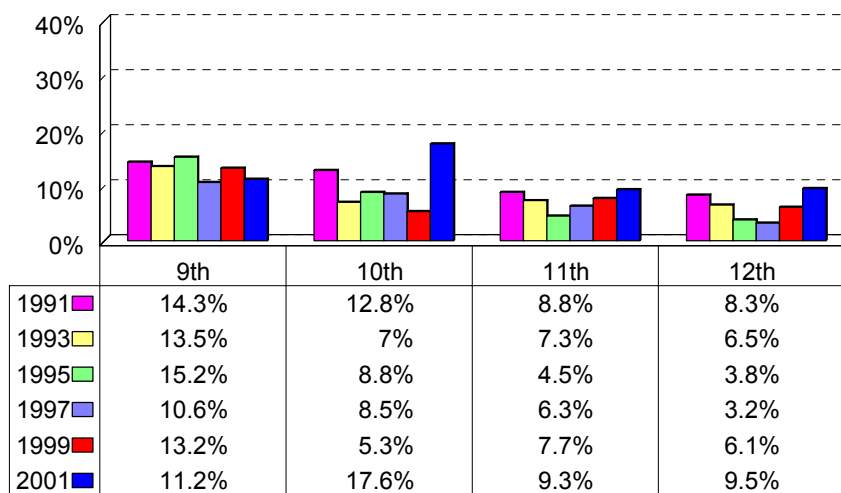
**Figure 5: Suicide Consideration by Grade**  
High School Students, Reported During the Past 12 Months



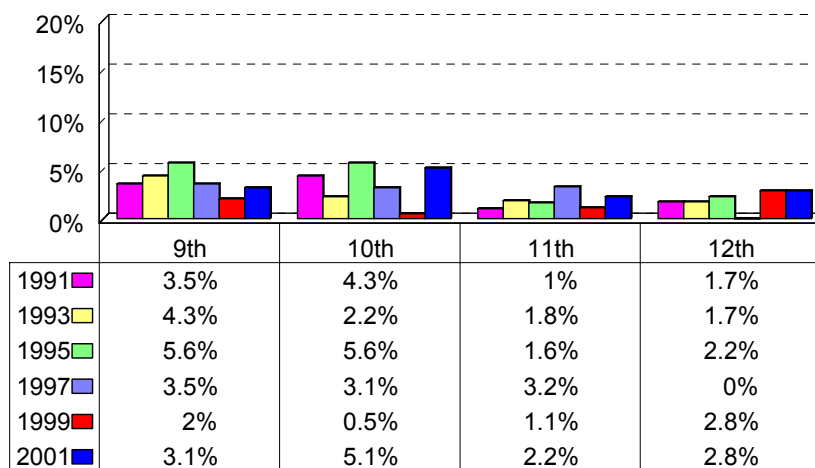
**Figure 6: Planned Suicide Attempt by Grade**  
High School Students, Reported During the Past 12 Months



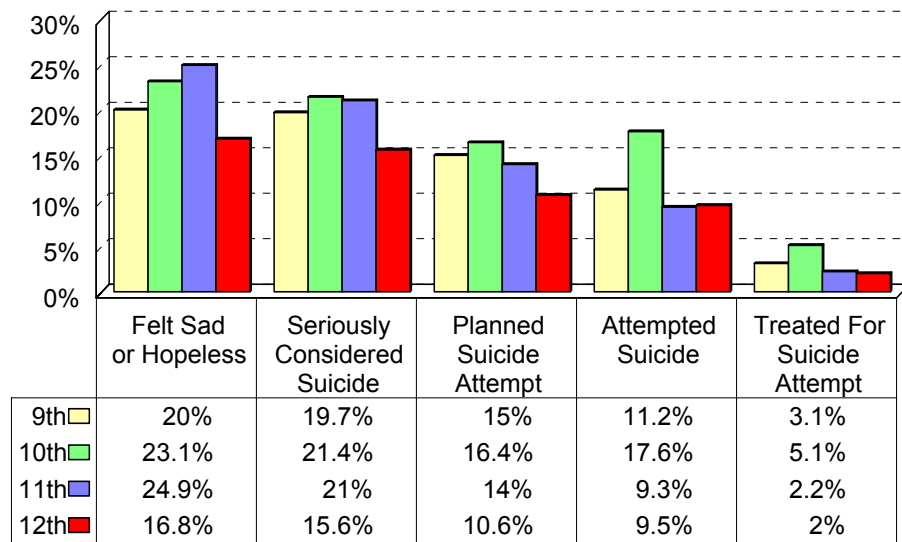
**Figure 7: Suicide Attempt by Grade**  
High School Students, Reported During the Past 12 Months



**Figure 8: Treated for Suicide Attempt, by Grade**  
High School Students, Reported During the Past 12 Months

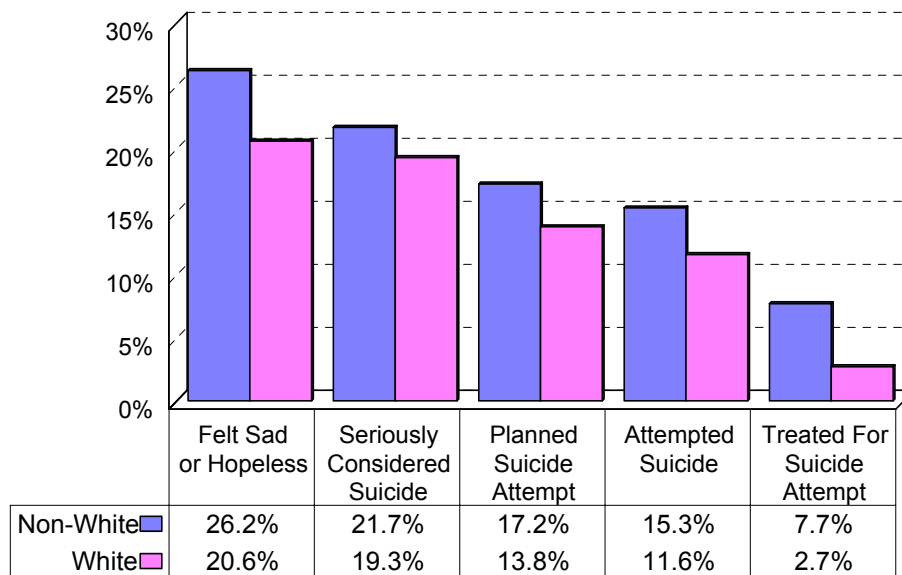


**Figure 9: Suicide Ideation and Attempts**  
2001 High School Students, Reported During the Past 12 Months



@ In 2001, non-whites were more likely to feel sad or hopeless, consider suicide, plan suicidal attempt, attempt suicide and get treatment for attempted suicide than whites.

**Figure 10: Suicide Ideation and Attempts\***  
2001 High School Students, Reported During the Past 12 Months

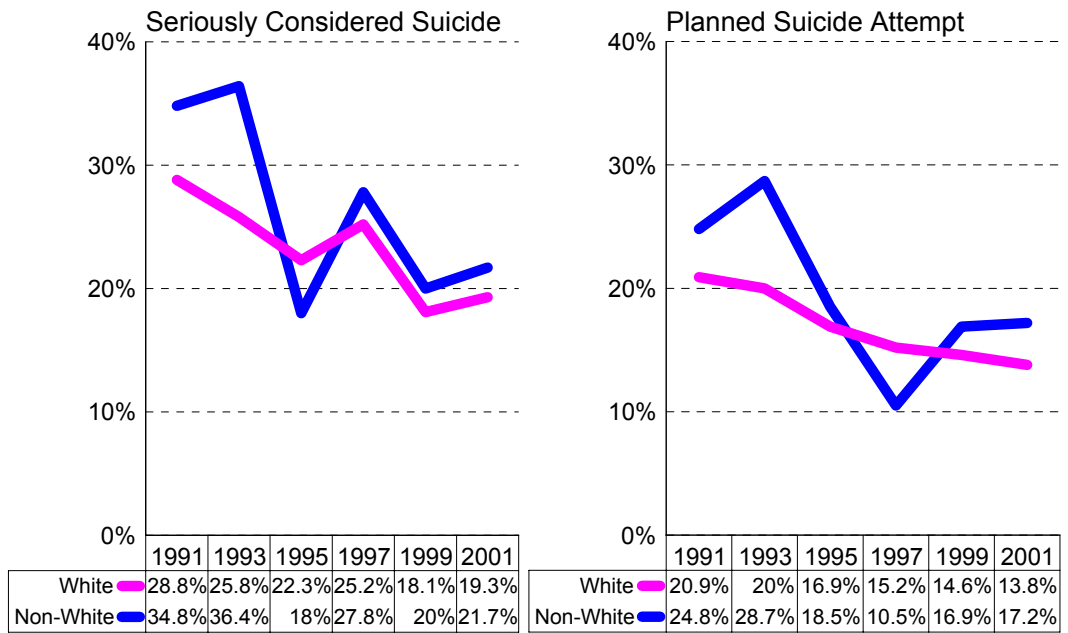


\*Grade Adjusted

@ Nearly 20% white teens seriously considered suicide and 13.8% actually planned a suicide attempt in the past 12 month preceding the survey. Among non-white teens this was 21.7% and 17.2% respectively.



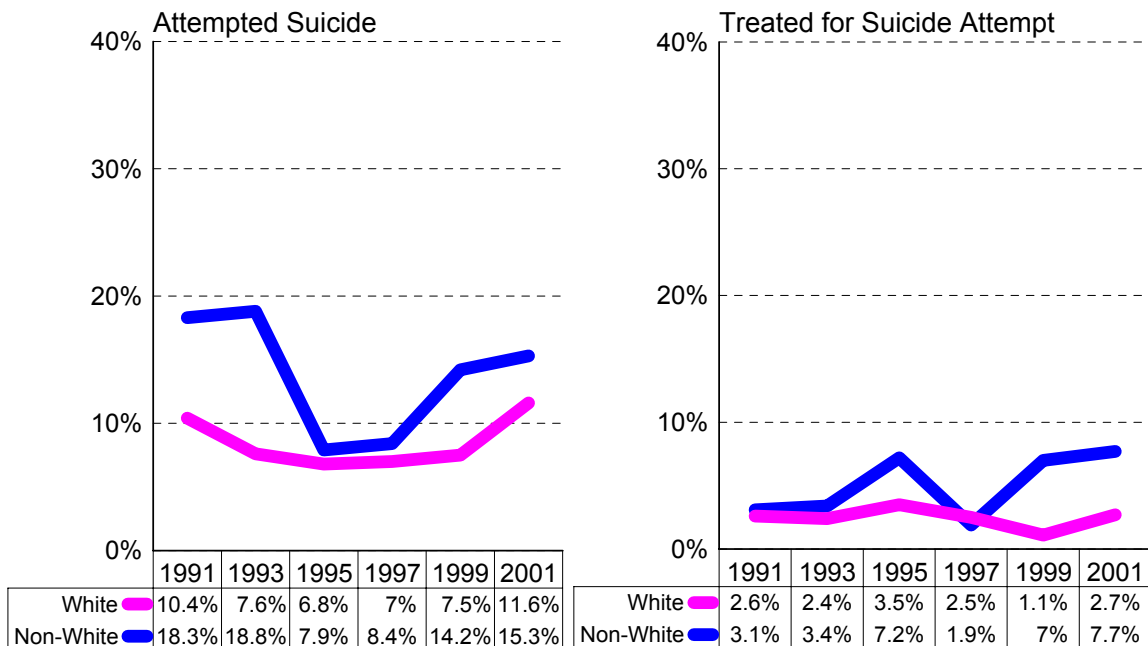
**Figure 11: Suicide Ideation\***  
High School Students, Reported During the Past 12 Months



\*Grade Adjusted

@ Figure 12 shows racial differences in the rate of reporting suicide attempts and treatment associated with suicide attempt.

**Figure 12: Suicide Attempts and Injuries\***  
High School Students, Reported During the Past 12 Months



\*Grade Adjusted

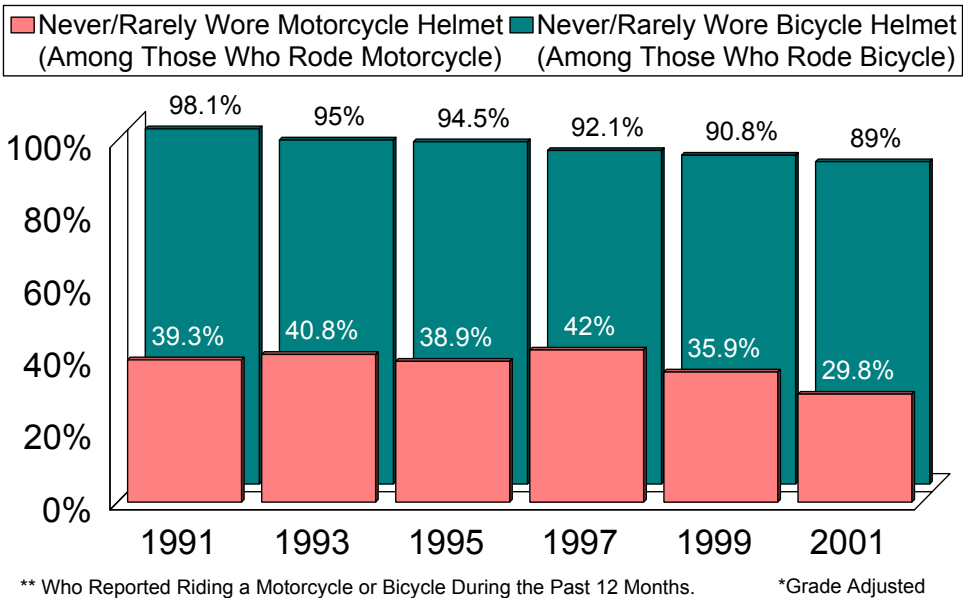
## Helmet and Seatbelt Use

The Youth Risk Behavior Survey asked students various questions about safety and violence related behavior. More specifically, students were asked about helmet use while operating a motorcycle or bike and seatbelt use while driving or riding a motor vehicle.

### Highlights

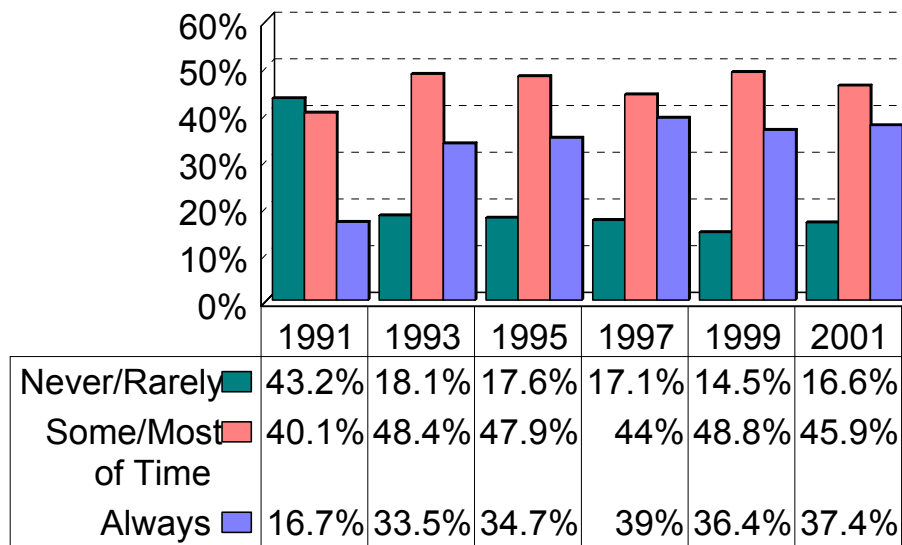
@ Although there was very little improvement from 1997 to 2001 in reported usage of bicycle helmets by Lancaster County teens; however, use of motorcycle helmet declined substantially at the same time period. Only 29.8% reported in 2001 that they never or rarely wore motorcycle use

Figure 1: Helmet Use\*  
High School Students\*\*



@ The percentage of teens who reported always wearing their seatbelts when riding in a car driven by someone else decreased from 39% in 1997 to 37.4% in 2001 (Figure 2).

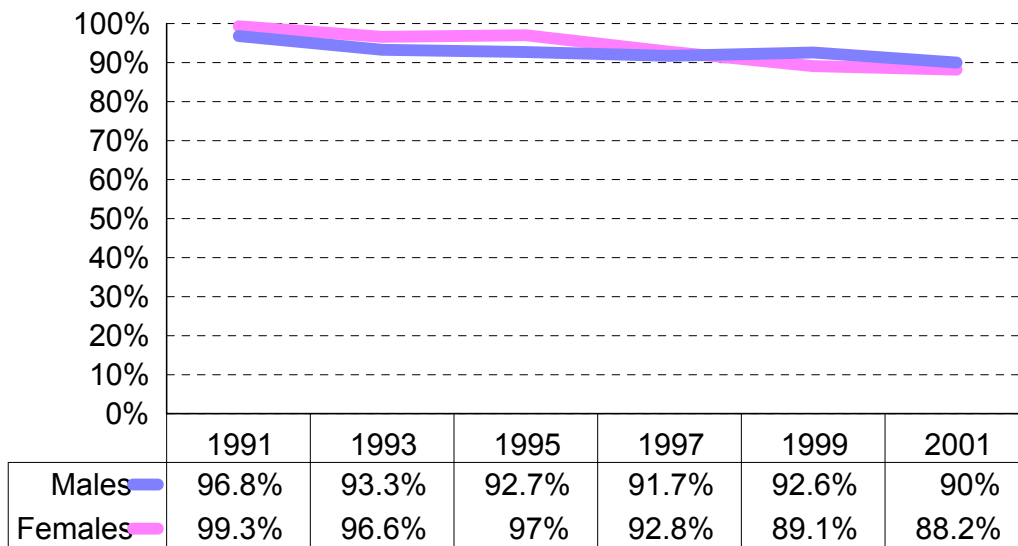
**Figure 2: Seatbelt Use\***  
High School Students Who Rode With Someone Else



\*Grade Adjusted

@ The percentage of teens who reported never or rarely wearing a helmet when riding a bicycle did not decline significantly for either female or male teens from 1997 to 2001.

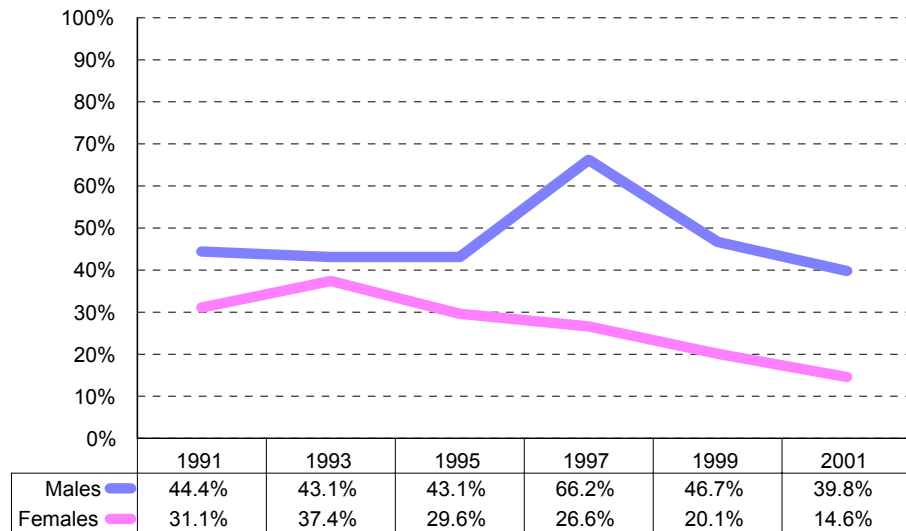
**Figure 3: Rare Helmet Use (Bicycle)\***  
Never or Rarely Wore a Bicycle Helmet  
(High School Students Who Reported Riding Bicycle in Past 12 Months)



\*Grade Adjusted

- @ Proportion of both male and female teens who reported never or rarely wearing a motorcycle helmet declined substantially since 1997, although a clear disparity between these two groups continued to persist.

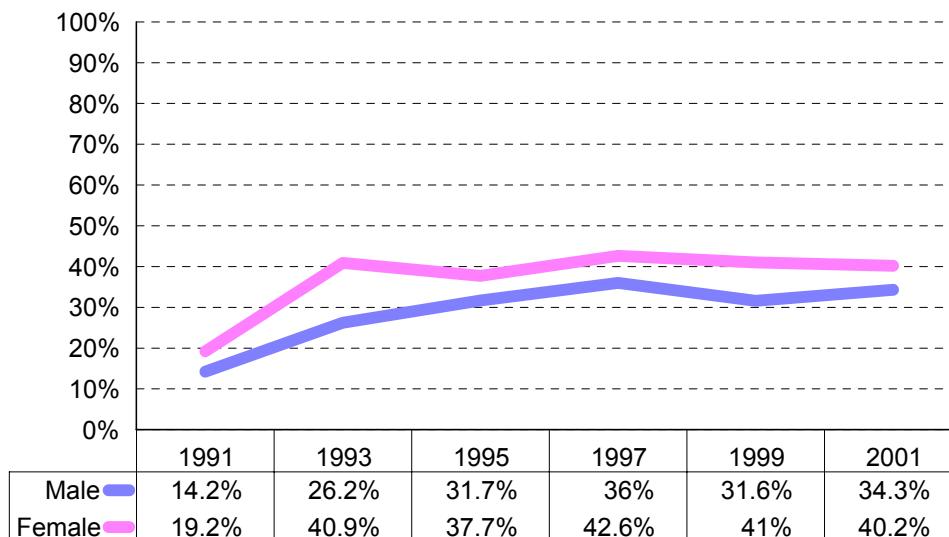
**Figure 4: Rare Helmet Use (Motorcycle)\***  
 Never or Rarely Wore a Motorcycle Helmet  
 (High School Students Who Reported Riding Motorcycle in Past 12 Months)



\*Grade Adjusted

- @ Despite a notable difference in seatbelt use by male and female, seatbelt use while riding a car driven by someone else has remained about the same over the last five years.

**Figure 5: Seatbelt Use\***  
 Always Wear a Seatbelt When Riding in a Car Driven by Someone Else  
 High School Students

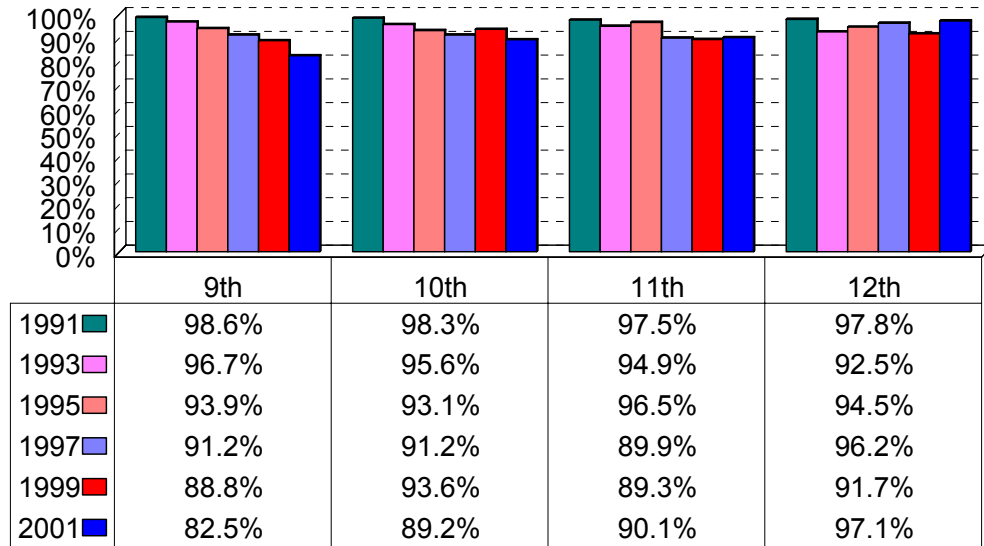


\*Grade Adjusted

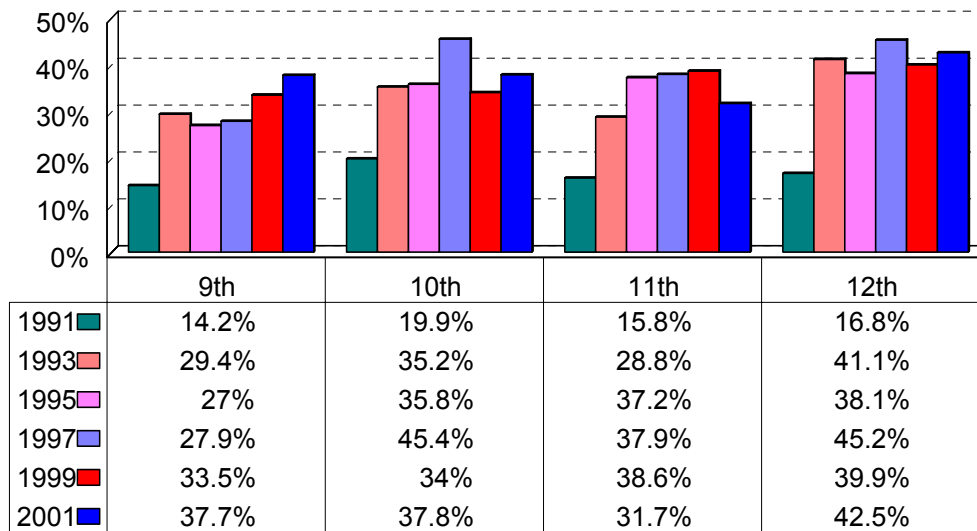
@

Figures 6 & 7 show rare bicycle helmet use and seatbelt use while riding in a car driven by someone else by respondents of different school grades.

**Figure 6: Rare Helmet Use (Bicycle) by Grade**  
 Never or Rarely Wore a Bicycle Helmet  
 (High School Students Who Reported Riding Bicycle in Past 12 Months)

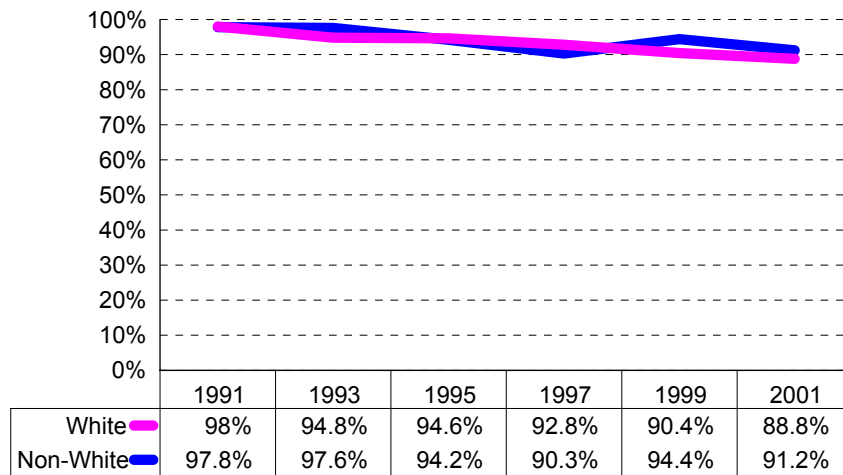


**Figure 7: Seatbelt Use by Grade**  
 Always Wear a Seatbelt When Riding in a Car Driven by Someone E  
 High School Students



- @ Of those teens who reported riding a bicycle during the past 12 months, the percentage never or rarely wearing a helmet did not decline (not a statistically significant decline) for either white or non-white teens from 1997 to 2001.

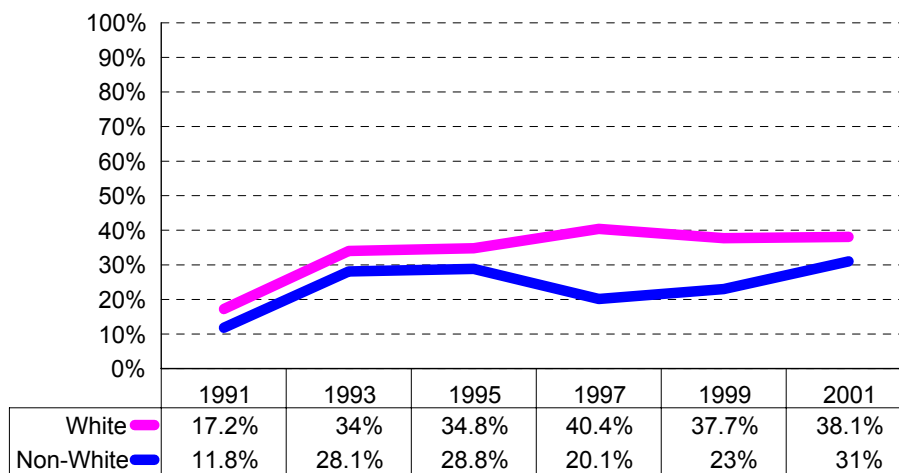
**Figure 8: Rare Helmet Use (Bicycle)\***  
Never or Rarely Wore a Bicycle Helmet  
(High School Students Who Reported Riding Bicycle in Past 12 Months)



\*Grade Adjusted

- @ In all the survey years white teens were more likely than non-white teens to report consistent seatbelt use.

**Figure 9: Seatbelt Use\***  
Always Wear a Seatbelt When Riding in a Car Driven by Someone Else  
High School Students



\*Grade Adjusted

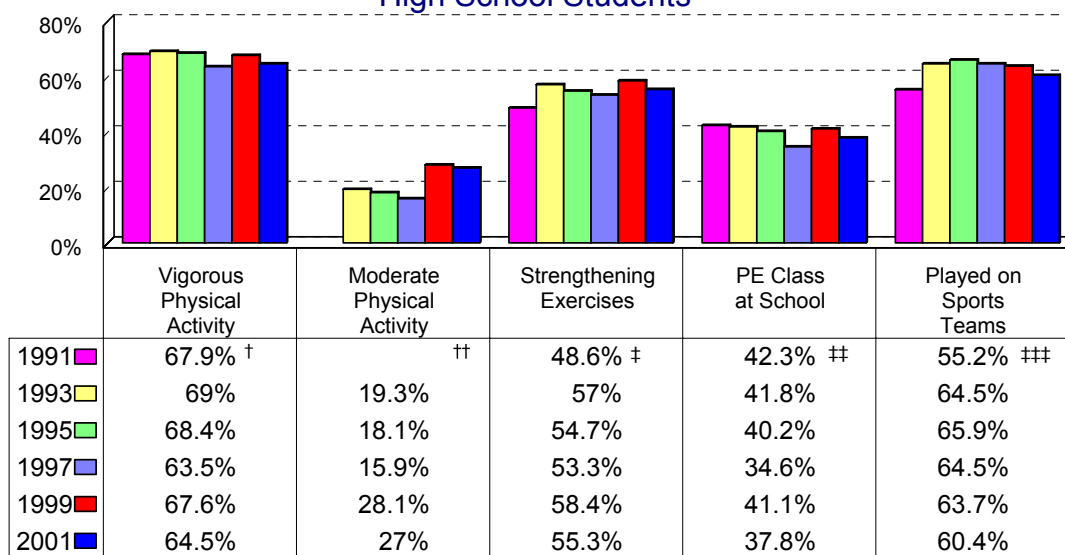
## Physical Activity

Regular physical activity can increase life expectancy. Physical activity can also enhance mental health and self-esteem, of particular benefit to adolescents. The Youth Risk Behavior Survey includes questions on intensity, frequency, and duration of exercise; strength training; physical education class; sporting teams; television viewing; and injury due to exercise or sports. Report regular physical activity is characterized as: vigorous -- 20 or more minutes of exercise that causes one to sweat or breathe hard on three or more of the previous seven days, moderate -- 30 or more minutes of exercise that does not cause one to sweat or breathe hard on five or more of the previous seven days, strengthening -- exercise to strengthen or tone muscles on three or more of the previous seven days.

### Highlights

- @ Figure 1 shows overall physical activity level by the Lancaster County teens. Prevalence of reported physical activity in 2001 showed very little changes since 1999.

**Figure 1: Physical Activity\***  
High School Students



<sup>†</sup> physical activity that made you sweat and breathe hard for at least 20 minutes, on 3 or more of the previous 7 days

<sup>††</sup> physical activity that did not make you sweat or breathe hard, for at least 30 minutes, on 5 or more of the previous 7 days

<sup>‡</sup> strengthened or toned muscles, on 3 or more of the previous 7 days

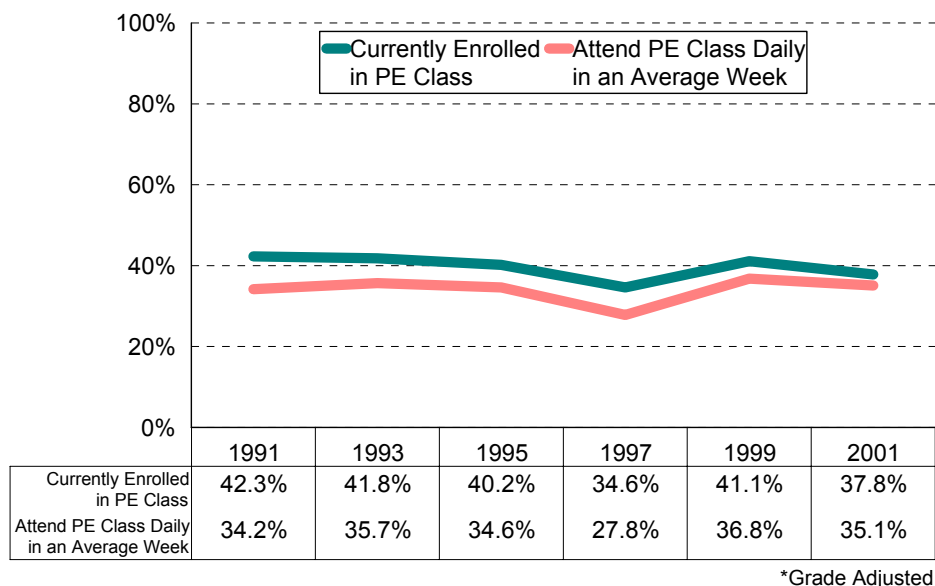
<sup>††</sup> have physical education class on 1 or more days in average week at school

<sup>†††</sup> played on 1 or more sports teams in the past 12 months, either run by school or community groups

\*Grade Adjusted

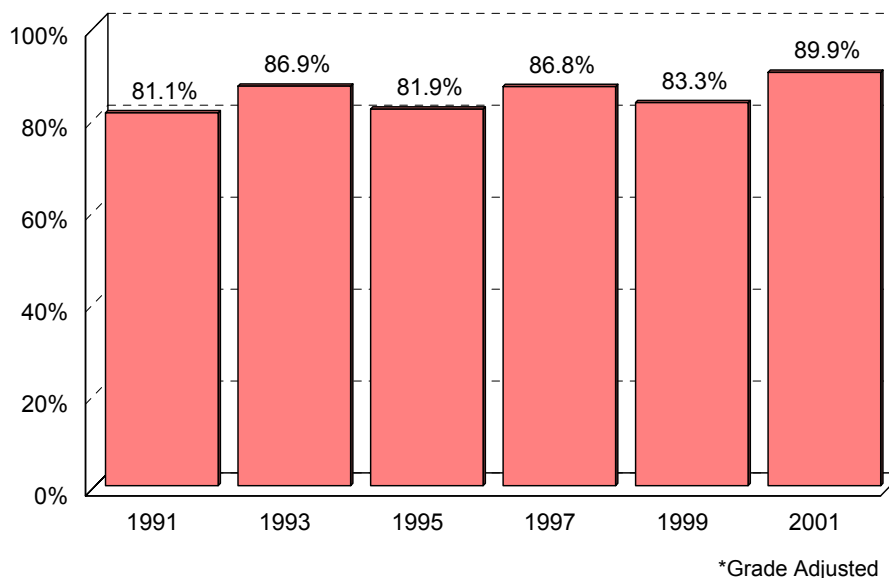
@ In 2001, over one-third respondents (37.8%) reported currently enrolled in physical education class (at school). Similar proportion (35.1%) of respondents also reported attending physical education class daily in an average week.

**Figure 2: Physical Education Class (at School)**  
High School Students



@ Among teens who were enrolled in physical education class at school, the great majority (89.9% in 2001) reported that they actually exercise or play sports more than 20 minutes during an average physical education class.

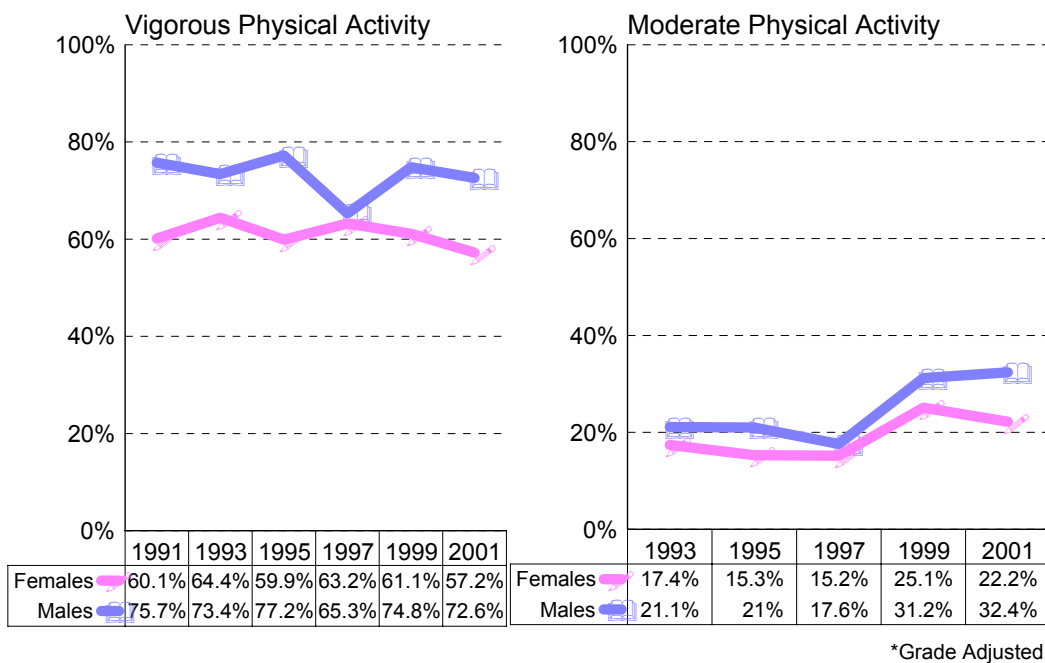
**Figure 3: Exercise 21 or More Minutes  
In an Average PE Class\***  
High School Students Currently Enrolled in School PE Class





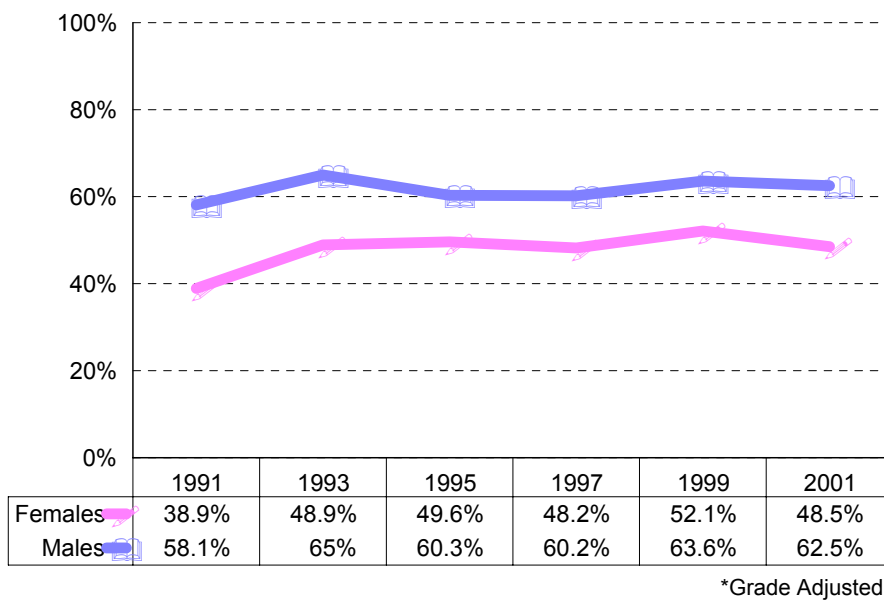
- @ Male teens were approximately 1.3 times more likely than female teens to report engaging in both vigorous (20 or more minutes of exercise that causes one to sweat or breath hard) or moderate physical activity.

**Figure 4: Physical Activity Level\***  
High School Students



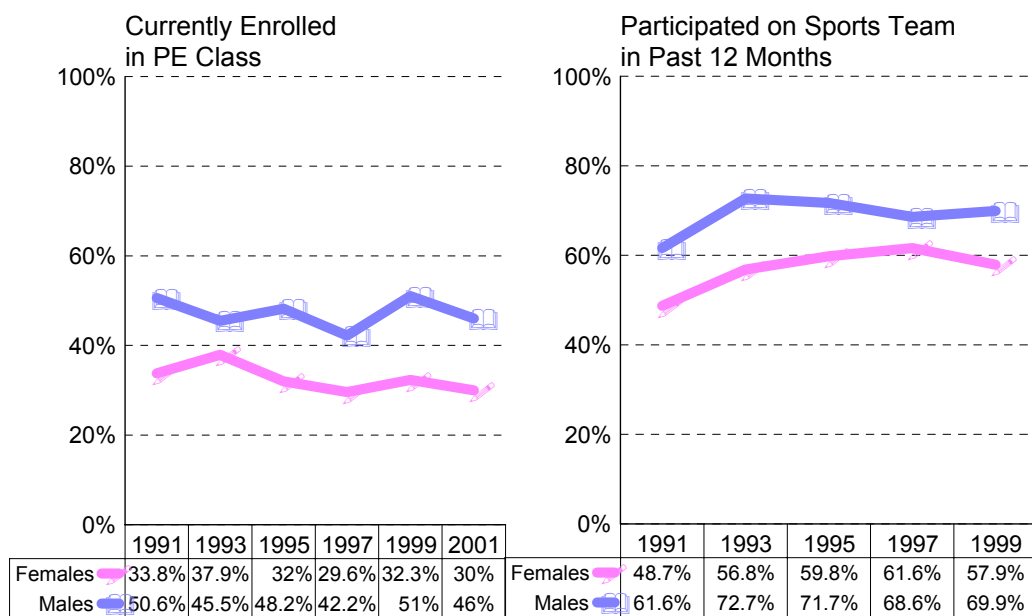
- @ Males (62.5%) were also more likely to engage in exercise to strengthen or tone their muscles than females (48.5%).

**Figure 5: Exercised to Strengthen Muscles\***  
High School Students



@ Enrollment in physical education class and participation on sports team (in the month preceding the survey) were persistently higher among male teens.

**Figure 6: Physical Education Class and Sports Teams\***  
High School Students



\*Grade Adjusted

@ Figure 7,8 & 9 shows various physical activity by different grades.

**Figure 7: Vigorous Physical Activity by Grade**  
High School Students

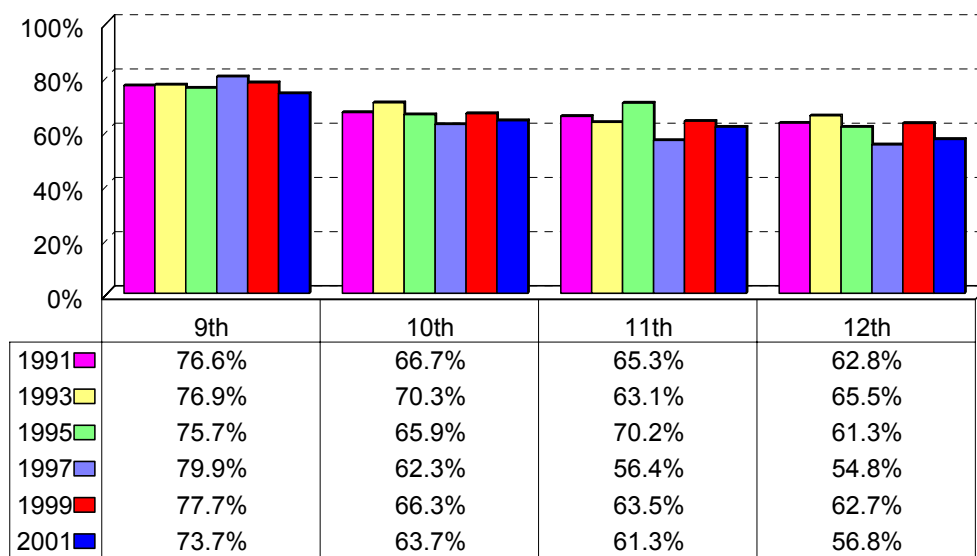


Figure 8: Moderate Physical Activity by Grade  
High School Students

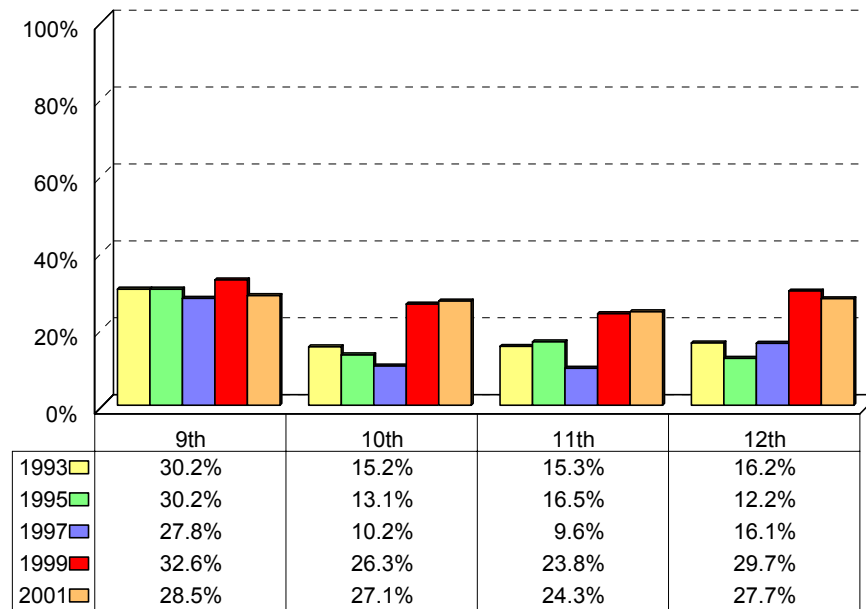
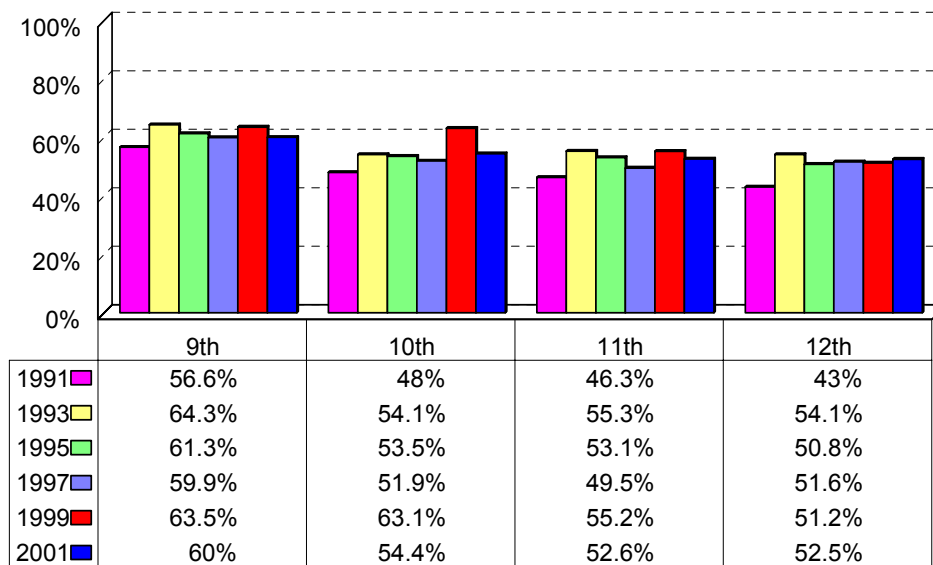


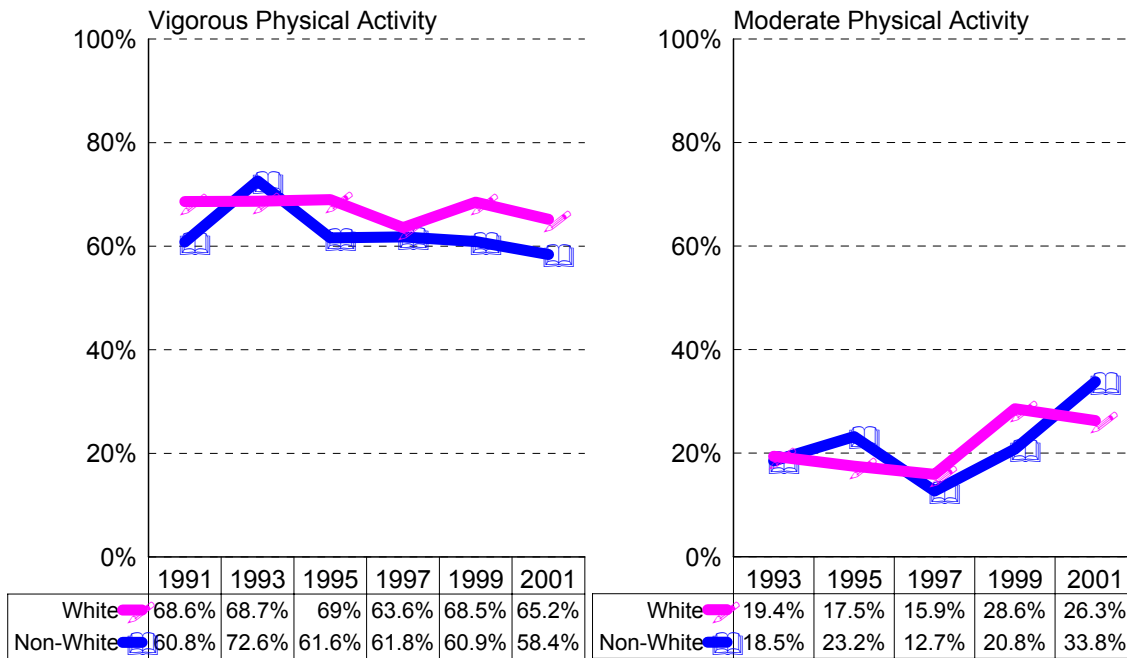
Figure 9: Strengthening Exercise by Grade  
High School Students



@

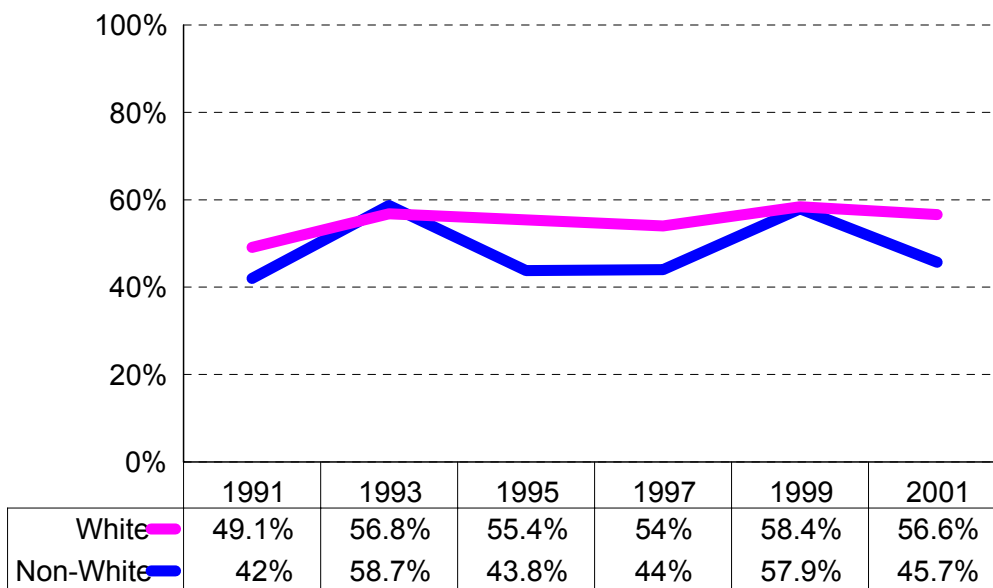
Following two graphs shows trends and differences in physical activity level by white and non-white teens. Trend in vigorous physical activity level have not changed since 1991.

**Figure 10: Physical Activity Level\***  
High School Students



\*Grade Adjusted

**Figure 11: Exercised to Strengthen Muscles\***  
High School Students

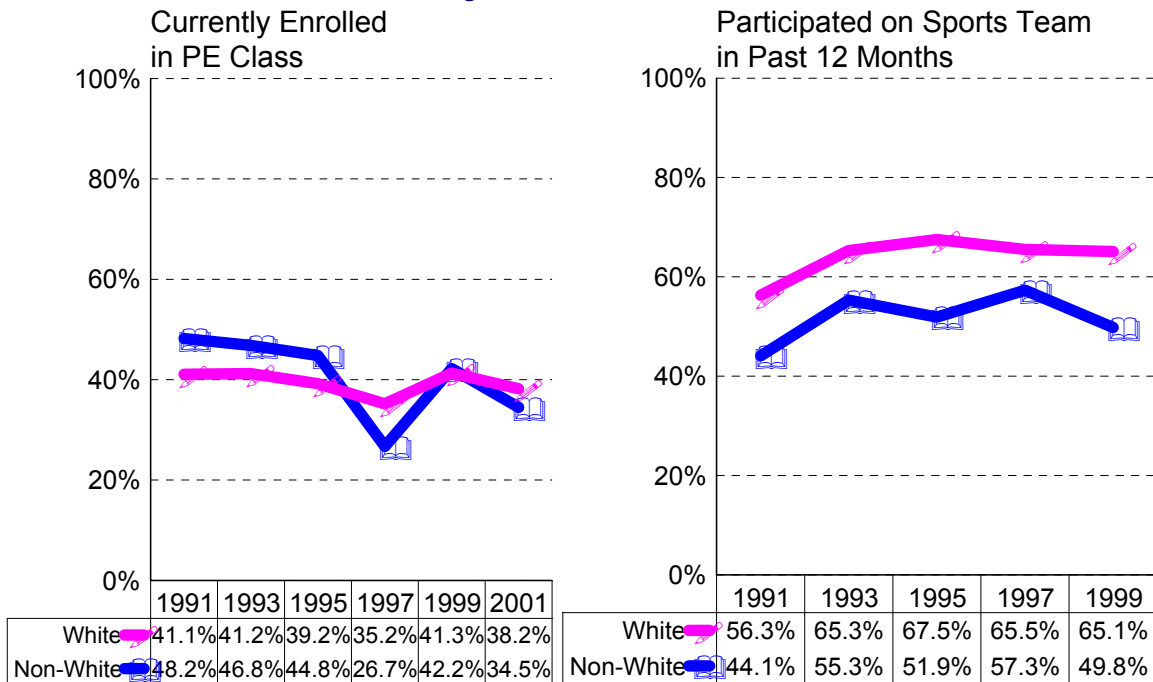


\*Grade Adjusted

@

Enrollment in school physical education class and participation on sports team among white and non-white teens are presented in figure 12. White teens were more likely to say that they participated on sports team than non-whites in the past 12 months preceding the survey.

**Figure 12: Physical Education Class and Sports Teams\***  
High School Students



\*Grade Adjusted

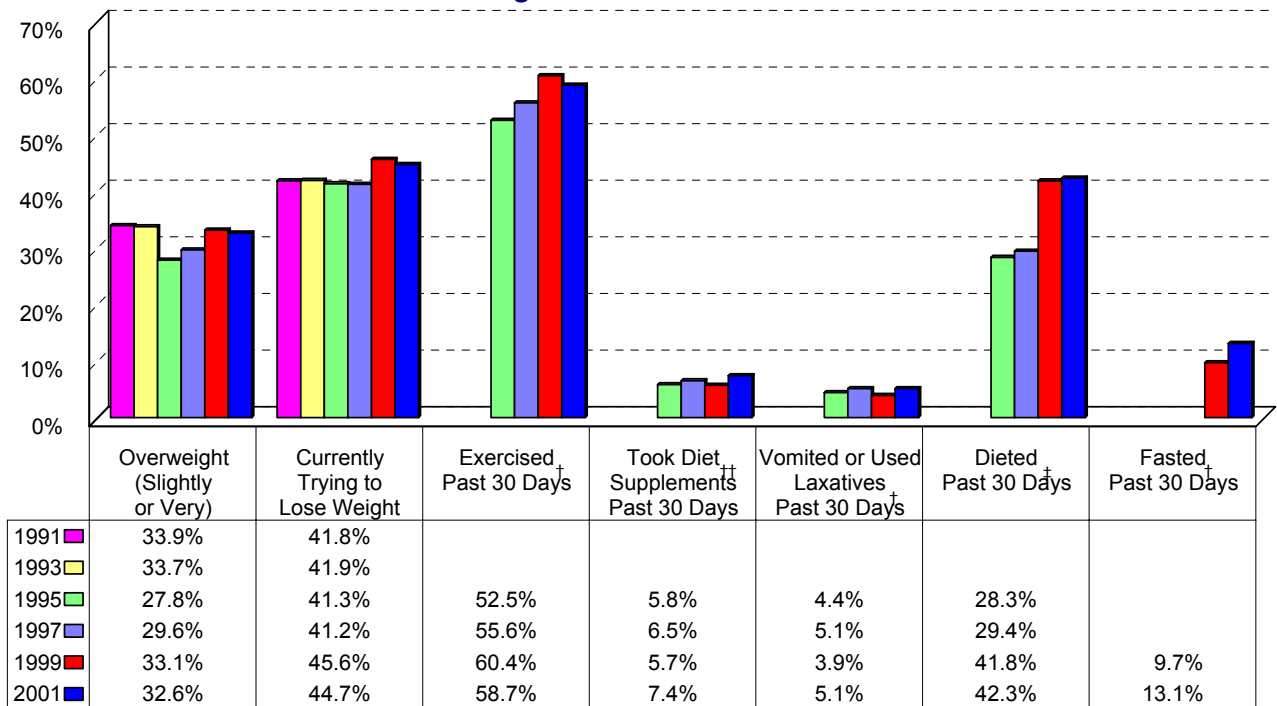
## Body Weight and Weight Loss

This section asks students their height and weight, how they feel about their weight and what, if anything, they are doing to control their weight as it relates to exercise, diet, fasting, diet supplementation, and vomiting and laxative use.

### Highlights

- @ Teens reporting that they were overweight (“slightly” or “very”) changed little from 1991 to 2001. The percentage of teens reporting that they are currently trying to lose weight also changed a little. The percentage of teens reporting that they exercised or dieted during the past 30 days to maintain or lose weight increased from 1995 to 1999 and then declined slightly in 2001. Percentage of teens reporting that they used dietary supplements, vomited or used laxatives to maintain or lose weight in the past 30 days increased in 2001.

**Figure 1: Body Weight & Weight Loss Behaviors\***  
High School Students



<sup>†</sup> "to lose weight or keep from gaining weight"

<sup>††</sup> "took diet pills, powders, or liquids without a doctor's advice to lose weight (does not include meal replacement products)"

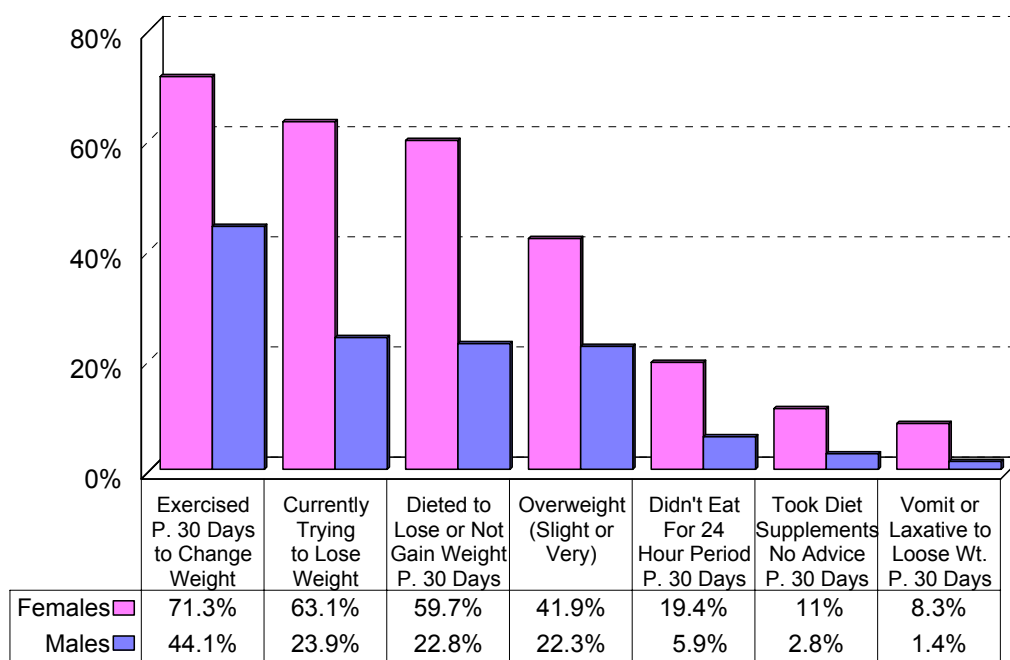
<sup>‡</sup> 1999: "ate less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight"  
1997, 1995: "dieted"

\* Grade Adjusted

@

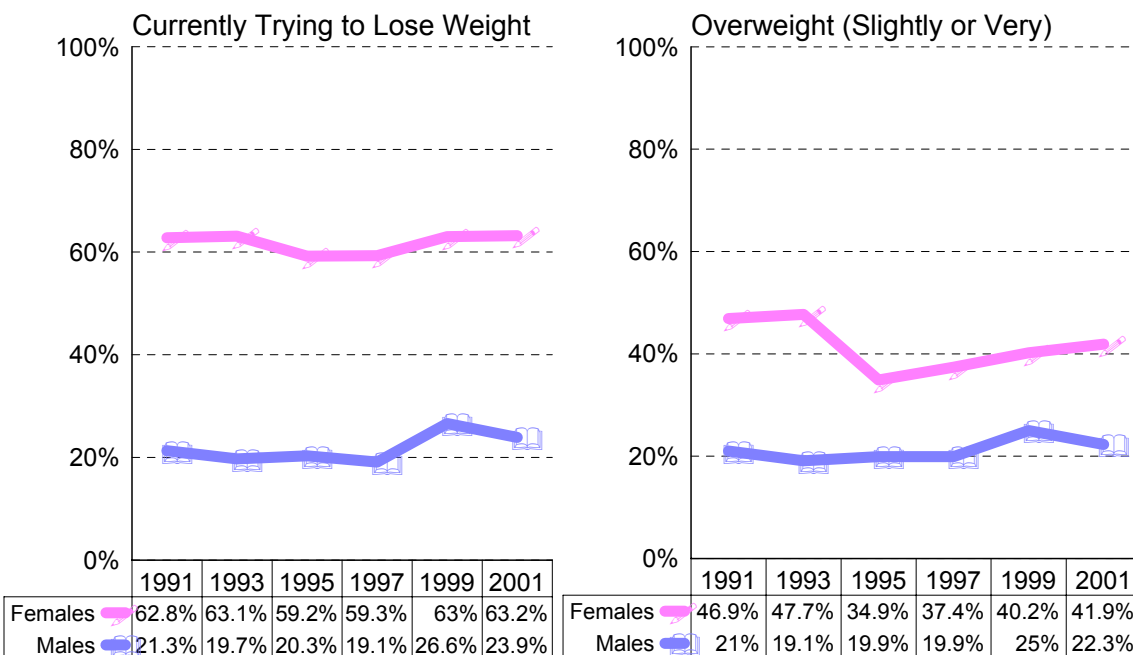
Across all the survey years, female teens were considerably more likely than male teens to report that they are overweight or that they engage in weight loss behaviors ( Figure 2,3 & 4).

**Figure 2: 2001 Body Weight and Weight Loss\***  
High School Students



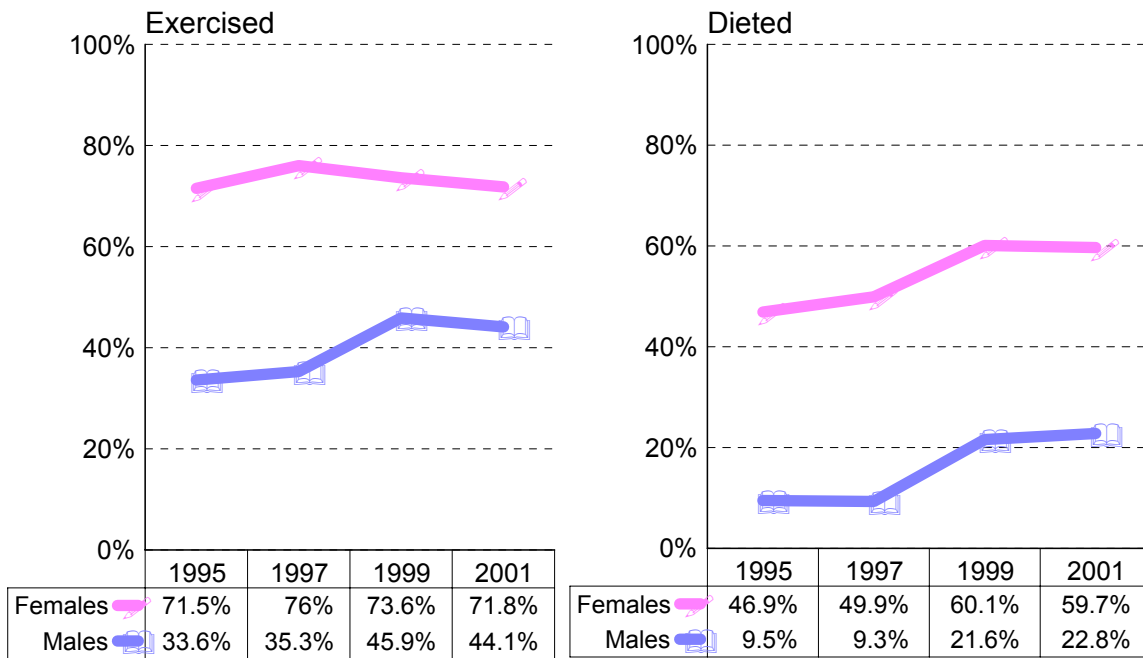
\*Grade Adjusted

**Figure 3: Overweight and Weight Loss\***  
High School Students



\*Grade Adjusted

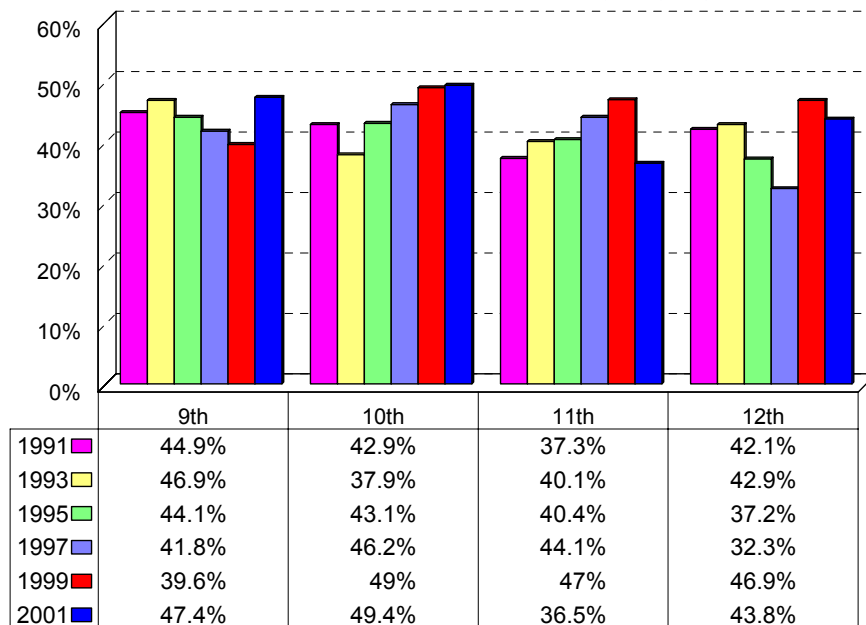
**Figure 4: Exercise and Diet\***  
High School Students Who Reported Exercising or Dieting to Lose or Maintain Body Weight During the Past 30 Days



\*Grade Adjusted

@ Figure 5,6 & 7 shows reports of weight loss intent, exercise and dieting among teens in all grades surveyed.

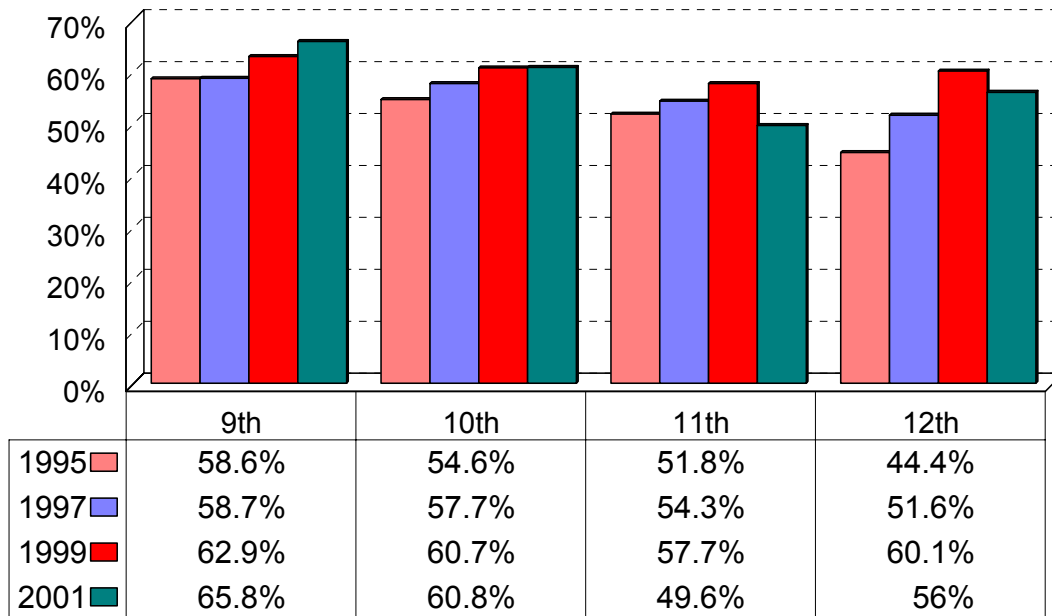
**Figure 5: Weight Loss By Grade**  
High School Students Who Reported Currently Trying to Lose Weight





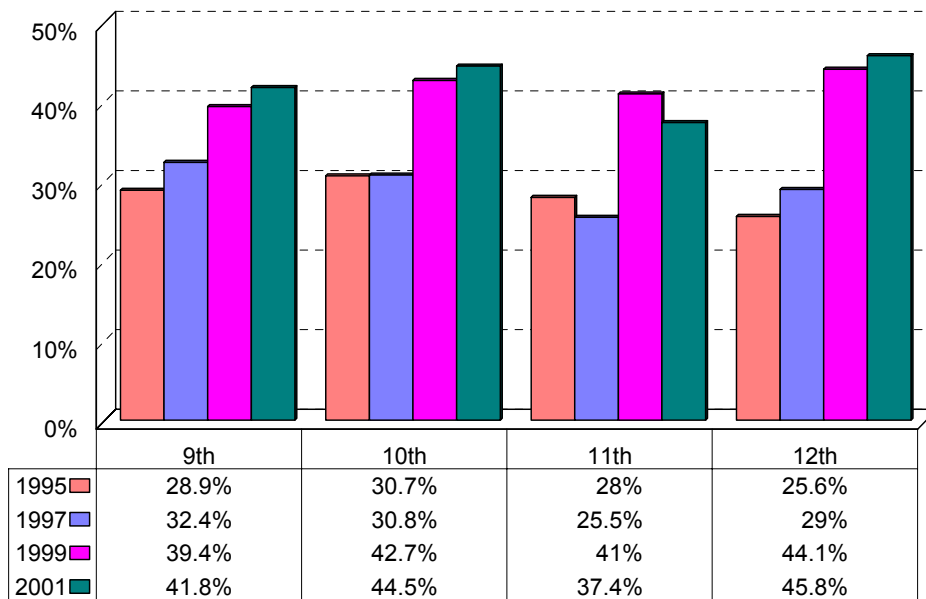
## Figure 6: Exercise By Grade

High School Students Who Reported Exercising to Lose or Maintain Body Weight During the Past 30 Days



## Figure 7: Dieted By Grade

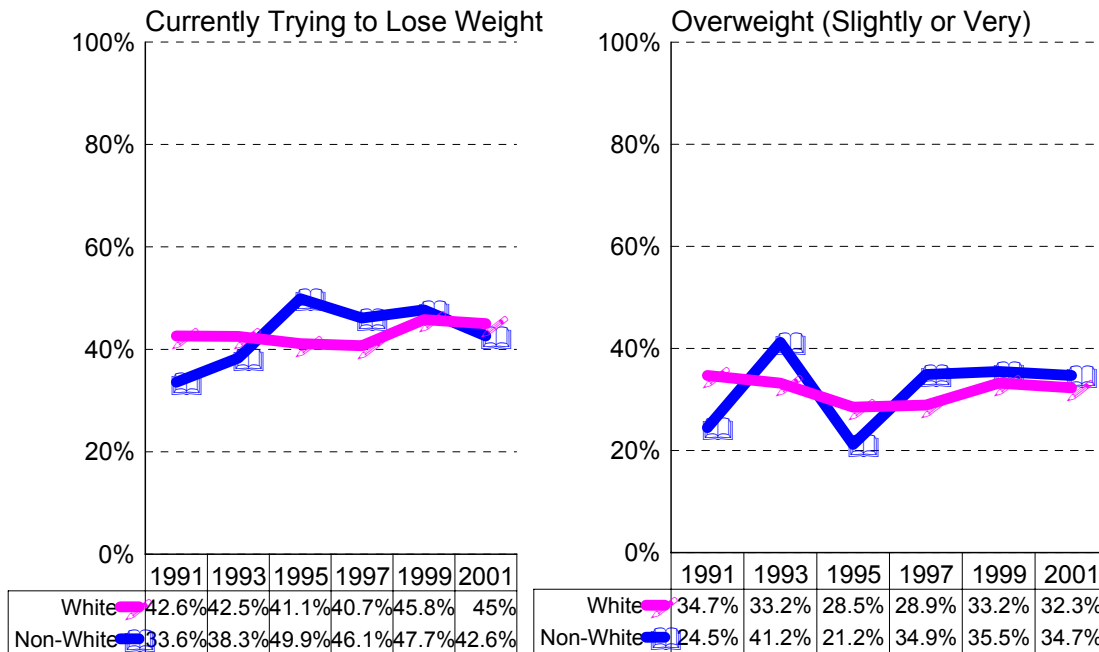
High School Students Who Reported Dieting to Lose or Maintain Body Weight During the Past 30 Days



@

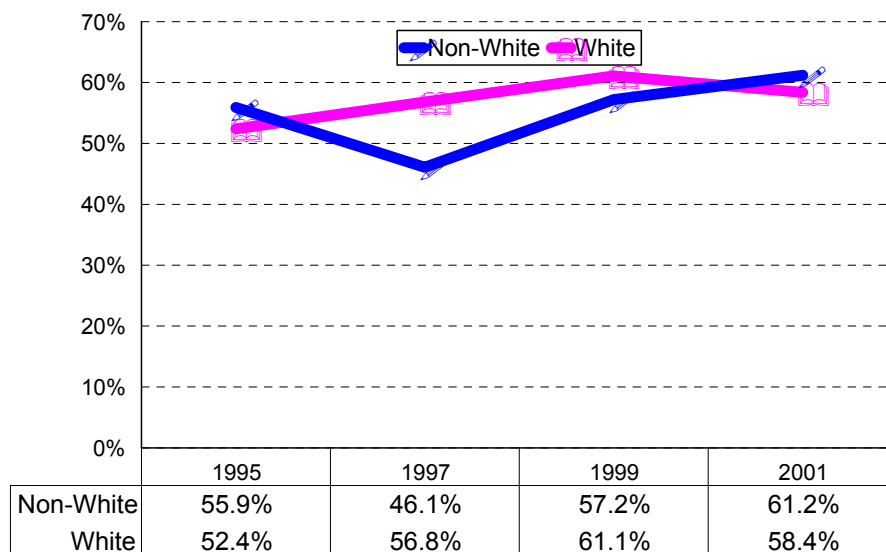
There was little difference between white and non-white teens in reported body weight or weight loss behaviors (Figure 8,9 & 10).

**Figure 9: Overweight and Weight Control\***  
High School Students



\*Grade Adjusted

**Figure 10: Exercise\***  
High School Students Who Reported Exercising to Loose or Maintain Body Weight During the Past 30 Days



\*Grade Adjusted